



## Lemon-Pepper Ricotta Spread

 Vegetarian

READY IN



27 min.

SERVINGS



6

CALORIES



301 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 12 large rounds baguette sliced
- 0.5 cup cream cheese softened
- 1 small clove garlic minced grated
- 1 optional: lemon
- 1 teaspoon coarse pepper black
- 1 cup ricotta cheese
- 3 sprigs thyme leaves fresh chopped

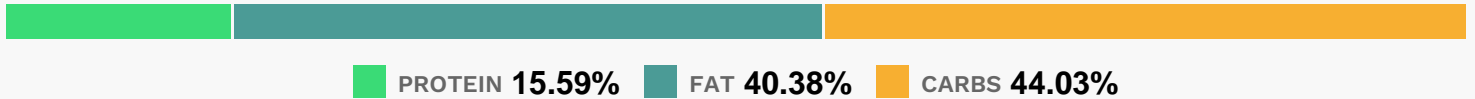
### Equipment

- food processor
- paper towels
- oven

## Directions

- Bake bread 10 to 12 minutes in a preheated 325 degree F oven to toast.
- Gently squeeze liquid from ricotta in paper towels.
- Combine the ricotta with cream cheese in food processor and add the zest and juice of 1 lemon, thyme, garlic and pepper. Process until smooth and transfer to a serving dish.
- Serve with toast.

## Nutrition Facts



## Properties

Glycemic Index:43.04, Glycemic Load:20.83, Inflammation Score:-7, Nutrition Score:10.360434825006%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 300.83kcal (15.04%), Fat: 13.59g (20.9%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 31.41g (11.42%), Sugar: 4.09g (4.55%), Cholesterol: 40.19mg (13.4%), Sodium: 465.48mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.61%), Selenium: 18.1µg (25.86%), Vitamin B1: 0.37mg (24.51%), Vitamin B2: 0.32mg (19.05%), Folate: 73.14µg (18.28%), Calcium: 176mg (17.6%), Manganese: 0.35mg (17.39%), Phosphorus: 147.25mg (14.72%), Vitamin B3: 2.82mg (14.09%), Iron: 2.48mg (13.8%), Vitamin C: 10.5mg (12.72%), Vitamin A: 467.57IU (9.35%), Fiber: 1.93g (7.72%), Zinc: 1.08mg (7.18%), Magnesium: 24.78mg (6.2%), Vitamin B6: 0.11mg (5.7%), Potassium: 177.09mg (5.06%), Copper: 0.1mg (5%), Vitamin B5: 0.47mg (4.67%), Vitamin K: 3.21µg (3.05%), Vitamin B12: 0.18µg (3.04%), Vitamin E: 0.41mg (2.75%)