

Matsoni: The Easiest Yogurt You'll Make



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



8

CALORIES



78 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.3 cup matsoni starter culture



1 quart milk raw whole (preferably)

Equipment



bowl

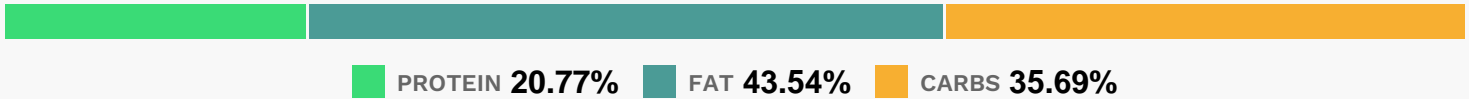


whisk

Directions

- ☐
- Whisk matsoni starter culture with whole milk in a medium bowl, and pour into a quart-sized jar. Cover loosely and place it in a warm spot in your kitchen where it will culture for 24 to 48 hours. When the milk forms a semi-solid mass and pulls away from the sides of the jar when you tilt it, the matsoni is ready.
- ☐
- Transfer it to the refrigerator to halt fermentation.
- ☐
- Serve as you would any other yogurt. Reserve 1/4 cup to culture another batch.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:3.8526086948164%

Nutrients (% of daily need)

Calories: 78.09kcal (3.9%), Fat: 3.8g (5.85%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.69g (6.32%), Cholesterol: 14.2mg (4.73%), Sodium: 45.06mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Calcium: 145.5mg (14.55%), Phosphorus: 119.48mg (11.95%), Vitamin B12: 0.64µg (10.65%), Vitamin B2: 0.16mg (9.6%), Vitamin D: 1.3µg (8.67%), Potassium: 177.44mg (5.07%), Vitamin B1: 0.07mg (4.42%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 191.64IU (3.83%), Vitamin B6: 0.07mg (3.61%), Magnesium: 14.2mg (3.55%), Zinc: 0.49mg (3.23%), Selenium: 2.25µg (3.21%)