



Milk Sweetness---Dolcetto di Ricotta

 Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



327 kcal

BEVERAGE

DRINK

Ingredients

- 12 servings butter for coating the pan
- 12 servings confectioners' sugar for garnish
- 1 package yeast dried
- 1.5 cups flour plus more for coating the pan
- 3 cups ricotta cheese fresh
- 3 ounces limoncello
- 0.3 cup milk
- 1 cup sugar

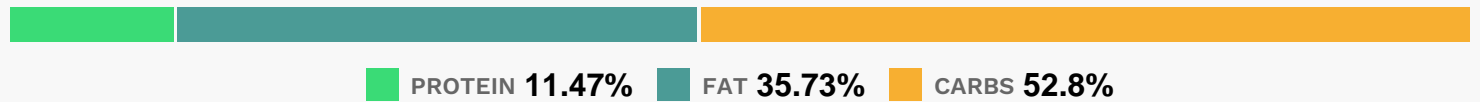
Equipment

- bowl
- sauce pan
- oven
- toothpicks

Directions

- Preheat the oven to 350 degrees F.
- In a small saucepan, gently warm the milk over low heat.
- Place the milk in a medium bowl and add the yeast. Set aside for 15 minutes.
- Meanwhile, in a medium bowl, combine the ricotta and sugar and mix until well blended.
- Add milk and yeast mixture, limoncello and flour, and mix to incorporate. Coat a 9-inch bundt cake mold with butter and flour, pour the mixture into the mold and place in a water bath.
- Bake for 2 hours, until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:20.86, Inflammation Score:-4, Nutrition Score:6.1343477705251%

Nutrients (% of daily need)

Calories: 326.59kcal (16.33%), Fat: 12.52g (19.26%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 41.04g (14.93%), Sugar: 27.64g (30.71%), Cholesterol: 42.98mg (14.33%), Sodium: 87.1mg (3.79%), Alcohol: 2.27g (100%), Alcohol %: 2.4% (100%), Protein: 9.04g (18.08%), Selenium: 14.63µg (20.9%), Calcium: 138.56mg (13.86%), Vitamin B2: 0.23mg (13.81%), Vitamin B1: 0.2mg (13.2%), Phosphorus: 124.89mg (12.49%), Folate: 49.83µg (12.46%), Vitamin A: 409.08IU (8.18%), Vitamin B3: 1.23mg (6.14%), Zinc: 0.9mg (6.02%), Manganese: 0.11mg (5.66%), Iron: 0.99mg (5.49%), Vitamin B12: 0.25µg (4.12%), Vitamin B5: 0.3mg (3.04%), Magnesium: 11.28mg (2.82%), Potassium: 96.71mg (2.76%), Fiber: 0.58g (2.32%), Vitamin B6: 0.05mg (2.28%), Copper: 0.04mg (1.99%), Vitamin E: 0.2mg (1.31%), Vitamin D: 0.18µg (1.2%), Vitamin K: 1.1µg (1.04%)