



## Oregano Queso Fresco (Mexican-style Fresh Oregano Cheese)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



5 kcal

SIDE DISH

### Ingredients

- 9 tablespoons juice of lemon fresh (from 4 to 5 large lemons)
- 0.5 gal. milk whole (not ultra-pasteurized)
- 1.5 tablespoons oregano leaves fresh minced
- 1 teaspoon sea salt

### Equipment

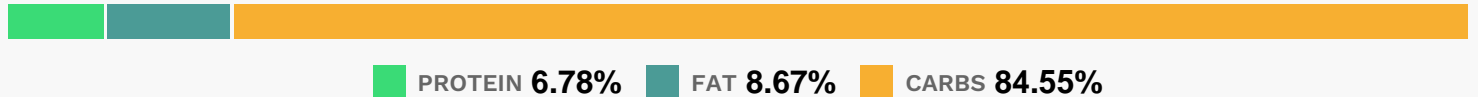
- bowl
- whisk

- pot
- colander
- cheesecloth

## Directions

- In a large, heavy pot, heat milk over medium-high heat just to the point of boiling, stirring often to prevent scorching. As soon as it looks as though it's about to boil (small bubbles are beginning to break the surface), remove from heat and drizzle in lemon juice, whisking briskly. Reduce heat to low, return pot to burner, and whisk for another 2 minutes (do not let boil). Cover and let sit 10 minutes.
- Meanwhile, line a large colander with cheesecloth and set in sink.
- Pour in curds and whey. Tie two opposite corners of cheesecloth into a knot over curds and repeat with other two corners. Hang cheesecloth sack from sink faucet for 1 to 2 hours, or until curds have stopped draining.
- Pour curds into a bowl and add salt and oregano. Rub between your fingers to mix and to break curds into small grains. Cheese will keep, covered and chilled, up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:4.3, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:1.0265217381327%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 4.99kcal (0.25%), Fat: 0.07g (0.1%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.37g (0.41%), Cholesterol: 0.01mg (0%), Sodium: 232.89mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin C: 5.24mg (6.35%), Vitamin K: 4.66µg (4.44%), Manganese: 0.04mg (1.98%), Iron: 0.29mg (1.6%), Fiber: 0.36g (1.44%), Calcium: 12.99mg (1.3%), Folate: 4.48µg (1.12%), Vitamin E: 0.16mg (1.05%)