



Paneer (Cottage Cheese)



Vegetarian



Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup distilled vinegar white
- ☐ 1 gallon milk whole
- ☐ 8 servings cheesecloth
- ☐ 8 servings cheesecloth

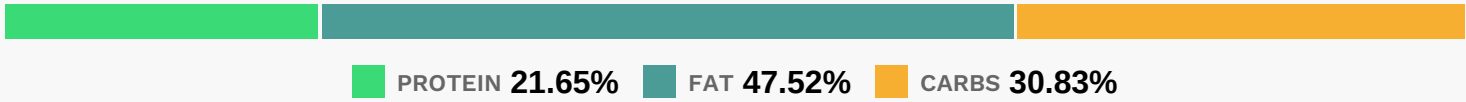
Equipment

- ☐ pot
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Heat milk in a heavy bottom pot over medium-high heat until boiling.
- ☐ Remove from heat and add vinegar. Stir a couple times until curds separate from whey, about 5 minutes.
- ☐ Line a colander with cheese cloth.
- ☐ Pour curds and whey through colander and drain. Wrap curds with cheesecloth and place a heavy pot fill with water over curds to press and drain completely, about 2 hours. Curds will form a soft disk.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:8.4, Inflammation Score:-6, Nutrition Score:15.447391199839%

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 15.14g (23.29%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 22.11g (8.04%), Sugar: 22.77g (25.3%), Cholesterol: 56.78mg (18.93%), Sodium: 180.44mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.04%), Calcium: 583.92mg (58.39%), Phosphorus: 479.18mg (47.92%), Vitamin B12: 2.56µg (42.59%), Vitamin B2: 0.65mg (38.41%), Vitamin D: 5.2µg (34.7%), Potassium: 710.4mg (20.3%), Vitamin B1: 0.26mg (17.67%), Vitamin B5: 1.76mg (17.65%), Vitamin A: 766.55IU (15.33%), Vitamin B6: 0.29mg (14.43%), Magnesium: 57.1mg (14.27%), Selenium: 9.15µg (13.07%), Zinc: 1.94mg (12.95%), Vitamin B3: 0.5mg (2.48%), Manganese: 0.04mg (1.82%), Vitamin E: 0.24mg (1.58%), Vitamin K: 1.42µg (1.35%)