



Paneer (Home Made)

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- 1 tablespoon juice of lemon fresh
- 4 cups milk
- 1 tablespoon yogurt plain
- 1 teaspoon salt
- 1 teaspoon sugar

Equipment

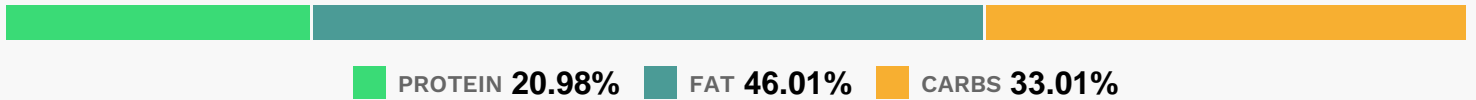
- bowl
- sauce pan

- whisk
- sieve
- cheesecloth

Directions

- Combine the milk, yogurt, salt and sugar in a saucepan.
- Heat over medium heat, stirring occasionally with a whisk. As the milk is just about to boil (it will bubble at the edges), stir in the lemon juice.
- Remove from the heat and pour into a sieve lined with cheesecloth. Lift the cheesecloth by the four corners and tie them together. Hang the cheese in the cloth over the sink to drain. It will take 30 minutes to 1 hour. Once drained, place the cheese, still in the cloth, into a bowl and refrigerate until ready to use.
- If later you want to cut the paneer into firm fingers, use a spoon to press the paneer into the shape of the bowl before refrigerating.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:8.1921740161336%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.13kcal (7.71%), Fat: 7.98g (12.28%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.87g (4.68%), Sugar: 13.06g (14.51%), Cholesterol: 29.93mg (9.98%), Sodium: 676.44mg (29.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Calcium: 306.77mg (30.68%), Phosphorus: 251.49mg (25.15%), Vitamin B12: 1.34µg (22.27%), Vitamin B2: 0.34mg (20.27%), Vitamin D: 2.69µg (17.93%), Potassium: 377.75mg (10.79%), Vitamin B5: 0.93mg (9.34%), Vitamin B1: 0.14mg (9.27%), Vitamin A: 400.45IU (8.01%), Vitamin B6: 0.15mg (7.61%), Magnesium: 30.12mg (7.53%), Zinc: 1.03mg (6.89%), Selenium: 4.76µg (6.8%), Vitamin C: 1.48mg (1.79%), Vitamin B3: 0.26mg (1.32%)