



Paskha

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons candied orange peel finely chopped
- 8 oz cream cheese at room temperature
- 16 oz carton ricotta cheese
- 0.5 cup sugar
- 0.5 lb butter unsalted at room temperature
- 1 vanilla pod (6 to 8 in.)

Equipment

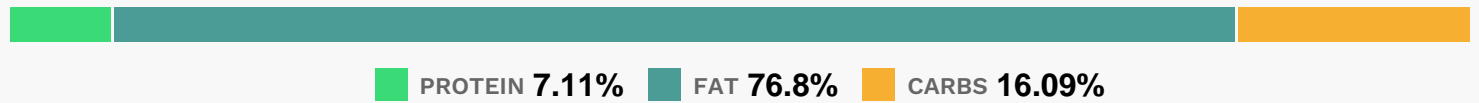
- bowl

- knife
- blender
- cheesecloth

Directions

- Split the vanilla bean lengthwise with a sharp knife and scrape out black seeds.
- In a bowl with a mixer, beat vanilla seeds, butter, cream cheese, and sugar until smooth.
- Add ricotta and orange peel; beat until blended.
- Line a deep 5-cup mold with 2 layers of damp cheesecloth (if making more than 2 hours ahead, use a mold with a bottom drain--see notes--to get a firmer cheese). Spoon paskha mixture into cloth and pack down firmly. Set on a rack on a rimmed dish.
- Cover airtight and chill until paskha is firm enough to hold its shape, at least 1 hour.
- Lift cloth with paskha from mold. Peel back cloth, invert cheese onto a flat plate, and remove cloth.

Nutrition Facts



Properties

Glycemic Index:7.76, Glycemic Load:4.81, Inflammation Score:-4, Nutrition Score:2.6843478099807%

Nutrients (% of daily need)

Calories: 231.32kcal (11.57%), Fat: 20.12g (30.96%), Saturated Fat: 12.5g (78.1%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.45g (3.44%), Sugar: 8.35g (9.27%), Cholesterol: 59.25mg (19.75%), Sodium: 71.76mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin A: 671.1IU (13.42%), Selenium: 5.52µg (7.89%), Calcium: 76.23mg (7.62%), Phosphorus: 63.45mg (6.35%), Vitamin B2: 0.09mg (5.52%), Vitamin E: 0.48mg (3.22%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.16mg (1.57%), Vitamin K: 1.61µg (1.53%), Potassium: 53.04mg (1.52%), Folate: 5.1µg (1.28%), Magnesium: 4.75mg (1.19%), Vitamin B6: 0.02mg (1.03%)