



Seasoned Labne Balls in Olive Oil



Vegetarian



Gluten Free

READY IN



4350 min.

SERVINGS



25

CALORIES



79 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 jar thyme dried (approx)
- ☐ 1 clove garlic crushed
- ☐ 2 cups olive oil (, if necessary)
- ☐ 1 jar oregano dried (approx)
- ☐ 2 teaspoons salt
- ☐ 8 cups yogurt whole (full-fat)

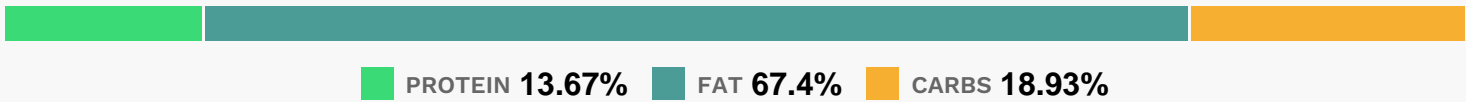
Equipment

- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Mix the salt, pepper, and garlic through the yogurt.
- ☐ Place a clean dish towel on a colander or strainer and pour in the seasoned yogurt. Cover with plastic wrap and put in a cool place, or pull the corners together and tie the dish towel with a thick elastic band or string as tightly as possible around the yogurt, thus increasing the pressure.
- ☐ Make a loop in the string and hang the filled towel over a bucket or over the sink. It is handy to turn a stool upside down, hang the towel on the cross, and place a bucket under it. Or you can hang the towel from a tree outside, if the weather isn't too hot. You'll come up with something. Hang the towel for at least 3 days in a cool place. Every day try to tighten the towel a little more (as much moisture as possible has to be extracted).
- ☐ Place half of the olive oil, the bay leaves, and other spices in an attractive, tall glass container, preserving jar, or clean vase.
- ☐ Mix the dried oregano and thyme on a plate. With clean hands, create small balls, the size of a walnut, with the drained yogurt, and carefully roll through the herbs. Slide them into the oil one by one and top up the container with olive oil in order for the balls to "float."

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:2.6082608570223%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 78.97kcal (3.95%), Fat: 6.01g (9.25%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.74g (1.36%), Sugar: 3.66g (4.06%), Cholesterol: 10.19mg (3.4%), Sodium: 222.24mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Calcium: 96.98mg (9.7%), Phosphorus: 74.93mg (7.49%), Vitamin B2: 0.11mg (6.59%), Vitamin B12: 0.29µg (4.83%), Vitamin E: 0.56mg (3.71%), Potassium: 123.97mg (3.54%), Vitamin K: 3.3µg (3.15%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.31mg (3.07%), Selenium: 1.75µg (2.5%), Magnesium: 9.78mg (2.44%), Vitamin A: 80.26IU (1.61%), Vitamin B1: 0.02mg (1.56%), Folate: 5.71µg (1.43%), Vitamin B6: 0.03mg (1.37%), Manganese: 0.02mg (1.05%)