



Sweet Ricotta Topping

 **Gluten Free**

READY IN



70 min.

SERVINGS



10

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 Tbsp juice of lemon
- 0.7 cup powdered sugar
- 15 oz polly-o original ricotta cheese
- 1 tsp vanilla
- 2 cups cool whip whipped topping thawed

Equipment

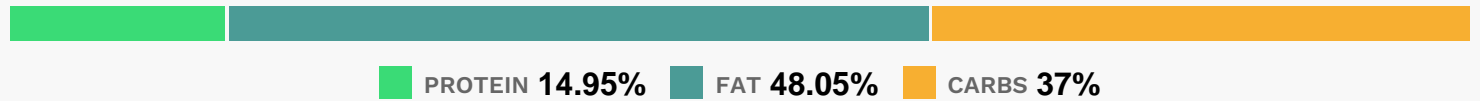
- food processor
- bowl

whisk

Directions

- Place ricotta, sugar, lemon juice and vanilla in food processor container; cover. Process until smooth. Spoon into medium bowl.
- Add whipped topping; stir with wire whisk until well blended. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.4221739757644%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.25kcal (7.01%), Fat: 7.49g (11.52%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.97g (4.72%), Sugar: 11.57g (12.86%), Cholesterol: 21.99mg (7.33%), Sodium: 46.73mg (2.03%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 5.24g (10.49%), Calcium: 98.89mg (9.89%), Selenium: 6.58µg (9.39%), Phosphorus: 78.43mg (7.84%), Vitamin B2: 0.1mg (5.8%), Vitamin A: 200.42IU (4.01%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.17µg (2.91%), Potassium: 62.13mg (1.78%), Magnesium: 5.87mg (1.47%), Folate: 5.85µg (1.46%), Vitamin B6: 0.02mg (1.1%), Iron: 0.18mg (1.02%)