



## Thyme and Honey Ricotta Spread

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon sea salt
- 8 servings accompaniment: crostini for serving
- 1.5 cups ricotta cheese fresh
- 0.1 teaspoon coarsely ground pepper black
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 teaspoons thyme leaves fresh whole

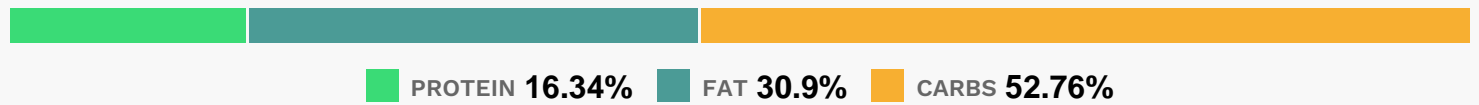
### Equipment

frying pan

## Directions

- Place the ricotta in a shallow serving dish. Gently warm the honey and thyme in a small skillet over medium–low heat until fragrant and the honey just begins to bubble, about 4 minutes.
- Pour over the ricotta.
- Drizzle with the olive oil and sprinkle with the salt and pepper.
- Serve with crostini.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:23.79, Inflammation Score:-6, Nutrition Score:9.2221739965936%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 278.68kcal (13.93%), Fat: 9.54g (14.68%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 35.23g (12.81%), Sugar: 7.44g (8.26%), Cholesterol: 23.72mg (7.91%), Sodium: 507.55mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.71%), Selenium: 17.79µg (25.42%), Vitamin B1: 0.38mg (25.25%), Folate: 74.4µg (18.6%), Vitamin B2: 0.3mg (17.68%), Calcium: 166mg (16.6%), Manganese: 0.32mg (15.84%), Vitamin B3: 2.97mg (14.85%), Iron: 2.51mg (13.93%), Phosphorus: 135.06mg (13.51%), Zinc: 1.07mg (7.11%), Fiber: 1.43g (5.73%), Magnesium: 22.72mg (5.68%), Copper: 0.09mg (4.62%), Vitamin A: 230.85IU (4.62%), Vitamin B6: 0.09mg (4.48%), Potassium: 134.41mg (3.84%), Vitamin B5: 0.35mg (3.47%), Vitamin K: 3.54µg (3.37%), Vitamin E: 0.49mg (3.26%), Vitamin B12: 0.16µg (2.63%)