



Yogurt Cheese Appetizer

READY IN



15 min.

SERVINGS



15

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 servings yogurt cheese (see recipe)
- ☐ 1 cucumber peeled sliced
- ☐ 1 cup kalamata olives
- ☐ 0.3 teaspoon marjoram
- ☐ 2 teaspoons olive oil
- ☐ 4 6-inch pita rounds whole wheat warmed cut into wedges ()
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sesame seed
- ☐ 0.3 teaspoon thyme leaves

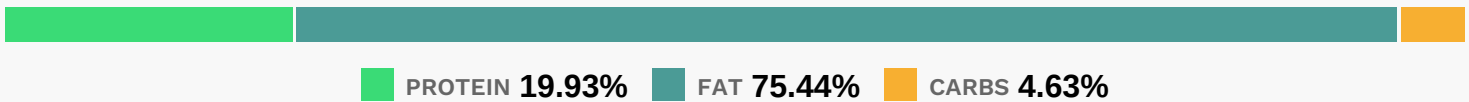
Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Spoon Yogurt Cheese into a serving bowl, pressing lightly to flatten.
- ☐ Sprinkle cheese evenly with 1 teaspoon salt, sesame seeds, thyme, and marjoram; drizzle with olive oil.
- ☐ Serve with kalamata olives, cucumber slices, and warm whole wheat pita wedges.
- ☐ Yogurt Cheese: Line a fine wire-mesh strainer with 3 layers of cheesecloth or 1 coffee filter.
- ☐ Place strainer over a bowl. Spoon 3 (8-ounce) containers plain yogurt into strainer. Cover with plastic wrap, and chill 24 hours.
- ☐ Remove yogurt cheese, discarding strained liquid. Prep: 5 min., Chill: 24 hrs.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:4.5126086641913%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 143.68kcal (7.18%), Fat: 12.18g (18.74%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.43g (0.48%), Cholesterol: 30mg (10%), Sodium: 493.18mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Calcium: 220.54mg (22.05%), Phosphorus: 142.9mg (14.29%), Selenium: 8.73µg (12.47%), Vitamin B2: 0.14mg (8.15%), Zinc: 1.15mg (7.66%), Vitamin A: 352.09IU (7.04%), Vitamin B12: 0.32µg (5.3%), Vitamin E: 0.65mg (4.35%), Magnesium: 11.97mg (2.99%), Vitamin K: 2.62µg (2.5%), Folate: 9.55µg (2.39%), Copper: 0.04mg (1.94%), Fiber: 0.47g (1.87%), Vitamin B5: 0.18mg (1.76%), Vitamin B6:

0.04mg (1.75%), Potassium: 55.11mg (1.57%), Manganese: 0.02mg (1.25%), Vitamin B1: 0.02mg (1.22%), Vitamin D:
0.18µg (1.2%)