



Yogurt Cheese (Labneh)



Vegetarian



Gluten Free

READY IN



1440 min.

SERVINGS



24

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 24 servings olive oil extra-virgin
- ☐ 3 cups yogurt plain
- ☐ 1 teaspoon sea salt fine

Equipment

- ☐ bowl
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Pour yogurt into a strainer lined with a double thickness of cheesecloth and set in a bowl deep enough that the strainer won't sit in liquid. Stir in salt, then lay ends of cheesecloth over yogurt, covering it. Chill at least 1 day and up to 2 (cheese will get denser the longer you drain it).
- ☐ Spoon cheese into a tall, narrow jar and top with 1/4 in. oil. Labneh keeps, chilled, up to 2 weeks.

Nutrition Facts



PROTEIN 2.93% **FAT 93.13%** **CARBS 3.94%**

Properties

Glycemic Index:0.79, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.8195652479063%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 142.44kcal (7.12%), Fat: 15g (23.07%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.43g (1.59%), Cholesterol: 3.98mg (1.33%), Sodium: 111.26mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin E: 2.03mg (13.56%), Vitamin K: 8.49µg (8.09%), Calcium: 37.26mg (3.73%), Phosphorus: 29.09mg (2.91%), Vitamin B2: 0.04mg (2.56%), Vitamin B12: 0.11µg (1.89%), Potassium: 47.63mg (1.36%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.19%)