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Winter Strawberry Ricotta ♦♦

A delicious and creamy dessert made with fresh strawberries and ricotta cheese. Perfect for the winter season!

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Strawberries
250 g	ricotta cheese
2 tbsp	Honey
1 tsp	vanilla extract
4 leaves	mint leaves

Directions

Step 1

Cut

Wash and hull the strawberries. Slice them into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the ricotta cheese, honey, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Plating

Divide the sliced strawberries into serving glasses. Top with the ricotta mixture.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Serving

Garnish with mint leaves and serve chilled.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas New Year

Meal Type

Breakfast Brunch Supper

Course

Soups Desserts Breads Salads Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Demographics

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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