

Burger Toppings - Herbed Ricotta

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3/4 cup ricotta cheese
3 tablespoons fresh flat-leaf parsley, chopped
2 teaspoons fresh oregano, chopped
1 small clove garlic, minced
2 teaspoons finely grated lemon zest
salt (to taste)
pepper (to taste)

In a bowl, combine the ricotta cheese, parsley, oregano, garlic and lemon zest.

Season generously with salt and pepper.

Per Serving (excluding unknown items): 331 Calories; 24g Fat (65.3% calories from fat); 21g Protein; 7g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	331	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.7%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	24g	Folacin (mcg):	40mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	93mg	% Refused:	0.0%
Carbohydrate (g):	7g		
Dietary Fiber (g):	1g	Food Exchanges	
Protein (g):	21g	Grain (Starch):	0
Sodium (mg):	162mg	Lean Meat:	3
Potassium (mg):	273mg	Vegetable:	1/2
Calcium (mg):	408mg	Fruit:	0
Iron (mg):	1mg	Non-Fat Milk:	0
Zinc (mg):	2mg	Fat:	3
Vitamin C (mg):	17mg	Other Carbohydrates:	0
Vitamin A (i.u.):	1513IU		
Vitamin A (r.e.):	332RE		

Nutrition Facts

Amount Per Serving

Calories 331

Calories from Fat: 216

		% Daily Values*
Total Fat	24g	37%
Saturated Fat	15g	77%
Cholesterol	93mg	31%
Sodium	162mg	7%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	3%
Protein	21g	
Vitamin A		30%
Vitamin C		28%
Calcium		41%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.