



Blackberry Curd Filling



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



5

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blackberry juice
- ☐ 0.3 cup butter
- ☐ 3 tablespoons cornstarch
- ☐ 2 egg yolk
- ☐ 3 large eggs
- ☐ 1 cup sugar

Equipment

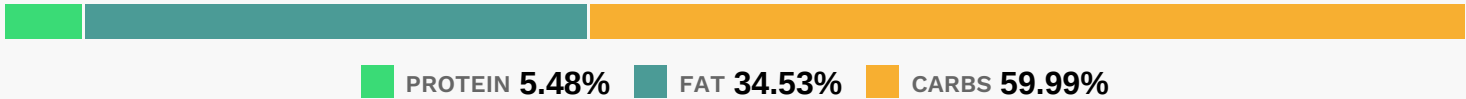
- ☐ sauce pan

- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine sugar and cornstarch in a 3-quart saucepan; gradually whisk in Blackberry Juice.
- ☐ Whisk in eggs and egg yolks. Bring mixture to a boil (5 to 6 minutes) over medium heat, whisking constantly.
- ☐ Cook, whisking constantly, 1 to 2 minutes or until a pudding-like thickness.
- ☐ Remove from heat, and whisk in butter. Cover, placing plastic wrap directly on curd, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:27.93, Inflammation Score:-3, Nutrition Score:7.4199999778167%

Nutrients (% of daily need)

Calories: 362.34kcal (18.12%), Fat: 14.1g (21.69%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 55.05g (20.02%), Sugar: 50.08g (55.65%), Cholesterol: 213.76mg (71.25%), Sodium: 146.37mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin C: 38.52mg (46.69%), Selenium: 13.73µg (19.61%), Vitamin E: 2.5mg (16.64%), Vitamin A: 555.14IU (11.1%), Vitamin B2: 0.19mg (10.97%), Phosphorus: 90.83mg (9.08%), Iron: 1.53mg (8.52%), Vitamin B12: 0.43µg (7.11%), Vitamin B5: 0.69mg (6.88%), Vitamin D: 0.99µg (6.59%), Folate: 24.95µg (6.24%), Potassium: 145.66mg (4.16%), Vitamin B6: 0.08mg (3.83%), Zinc: 0.57mg (3.8%), Calcium: 30.25mg (3.03%), Vitamin B1: 0.03mg (1.68%), Copper: 0.03mg (1.62%), Magnesium: 4.33mg (1.08%)