



Buttery Orange Curd

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups orange juice
- ☐ 2 teaspoons orange zest
- ☐ 1 pinch salt
- ☐ 0.7 cup sugar

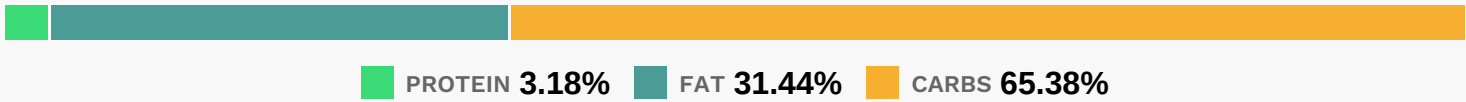
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine sugar and cornstarch in a 3-qt. saucepan; gradually whisk in orange juice.
- ☐ Whisk in egg. Bring to a boil; boil, whisking constantly, 3 to 4 minutes.
- ☐ Remove from heat; whisk in butter, zest, and salt.
- ☐ Place heavy-duty plastic wrap directly on curd (to prevent a film from forming), and chill 8 hours. Store leftovers in refrigerator up to 3 days.
- ☐ Note: We tested with Simply Orange 100% Pure Squeezed Orange Juice.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:13.83, Inflammation Score:-3, Nutrition Score:2.7265217744786%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 139.36kcal (6.97%), Fat: 4.99g (7.68%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 23.2g (8.43%), Sugar: 20.13g (22.37%), Cholesterol: 34.54mg (11.51%), Sodium: 48.3mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 21.35mg (25.87%), Vitamin A: 249.71IU (4.99%), Folate: 15.65µg (3.91%), Selenium: 2.19µg (3.13%), Vitamin B2: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.7%), Potassium: 94.02mg (2.69%), Phosphorus: 21.09mg (2.11%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.03mg (1.41%), Magnesium: 5.59mg (1.4%), Vitamin E: 0.21mg (1.37%), Copper: 0.03mg (1.28%), Iron: 0.22mg (1.21%), Vitamin B12: 0.06µg (1.08%), Calcium: 10.33mg (1.03%)