

Chef John's Lighter Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



85 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 0.7 cup juice of lemon freshly squeezed
- ☐ 1.5 tablespoons lemon zest freshly grated
- ☐ 5 tablespoons butter unsalted cut into 1-tablespoon chunks at room temperature
- ☐ 0.8 cup sugar white

Equipment

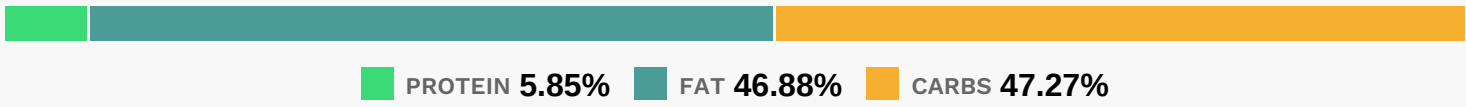
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Place a saucepan containing several inches of water over medium heat and bring water to a simmer.
- ☐ Place eggs into a metal mixing bowl and add sugar and lemon juice.
- ☐ Place bowl over pan containing simmering water and whisk continuously until mixture foams and becomes thick, hot, and smooth, 8 to 10 minutes.
- ☐ Remove from the heat; whisk in lemon zest and unsalted butter. Continue whisking constantly until butter melts and incorporates into the lemon curd. Cover bowl with plastic wrap, pushing the plastic wrap onto the surface of the lemon curd. Refrigerate until chilled and lemon curd has set up, at least 1 hour. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:3.8130434712638%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 222.32kcal (11.12%), Fat: 11.99g (18.45%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.96g (9.8%), Sugar: 25.8g (28.66%), Cholesterol: 118.08mg (39.36%), Sodium: 37.39mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin C: 12.43mg (15.06%), Selenium: 7.98µg (11.4%), Vitamin A: 428.93IU (8.58%), Vitamin B2: 0.13mg (7.54%), Phosphorus: 54.65mg (5.46%), Vitamin D: 0.68µg (4.5%), Folate: 17.72µg (4.43%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.24µg (4.04%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.06mg (2.9%), Iron: 0.49mg (2.7%), Zinc: 0.35mg (2.35%), Calcium: 20.69mg (2.07%),

Potassium: 68.12mg (1.95%), Copper: 0.03mg (1.37%), Magnesium: 5.09mg (1.27%), Vitamin B1: 0.02mg (1.2%)