



Citrus Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



31 min.

SERVINGS



6

CALORIES



584 kcal

SIDE DISH

Ingredients

- 1 cup butter
- 4 large eggs lightly beaten
- 0.3 cup juice of lemon fresh
- 2 tablespoons lemon zest grated (3 lemons)
- 0.3 cup juice of lime fresh
- 1 tablespoon lime zest grated (3 limes)
- 1 tablespoon orange zest grated (1 large orange)
- 2 cups sugar

Equipment

- sauce pan
- whisk

Directions

- Combine first 7 ingredients in a heavy nonaluminum saucepan. Cook, whisking constantly, over medium heat 8 to 10 minutes or until butter melts and sugar dissolves.
- Gradually whisk about one-fourth of hot sugar syrup into beaten eggs; add to remaining hot syrup, whisking constantly. Reduce heat to medium-low; cook 12 to 15 minutes, stirring gently, or until curd thickens and coats a spoon; let cool. Cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:46.58, Inflammation Score:-5, Nutrition Score:5.7473912770333%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 584.15kcal (29.21%), Fat: 34.12g (52.49%), Saturated Fat: 20.5g (128.11%), Carbohydrates: 69.41g (23.14%), Net Carbohydrates: 68.96g (25.08%), Sugar: 67.35g (74.83%), Cholesterol: 205.34mg (68.45%), Sodium: 291.84mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin A: 1138.69IU (22.77%), Vitamin C: 13.51mg (16.38%), Selenium: 11.07µg (15.81%), Vitamin B2: 0.18mg (10.86%), Vitamin E: 1.29mg (8.58%), Phosphorus: 78.68mg (7.87%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.6mg (6%), Folate: 21.5µg (5.37%), Vitamin D: 0.67µg (4.44%), Iron: 0.68mg (3.76%), Vitamin B6: 0.07mg (3.74%), Calcium: 35.73mg (3.57%), Zinc: 0.5mg (3.31%), Vitamin K: 2.84µg (2.7%), Potassium: 92.45mg (2.64%), Copper: 0.04mg (1.89%), Magnesium: 7.23mg (1.81%), Fiber: 0.44g (1.76%), Vitamin B1: 0.02mg (1.64%)