



Citrus Filling

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- 3 egg yolks lightly beaten
- 2 tablespoons flour all-purpose
- 2.5 tablespoons juice of lemon fresh
- 6 tablespoons orange juice fresh
- 0.5 teaspoon orange rind grated
- 1 pinch salt
- 0.5 cup sugar
- 0.3 cup water

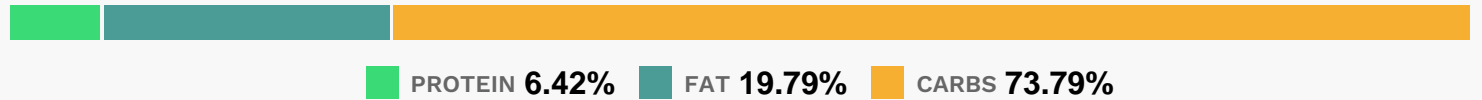
Equipment

sauce pan

Directions

Cook all ingredients in a small saucepan over medium-low heat, stirring constantly, 11 minutes or until thickened. Cool. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:10.44, Inflammation Score:-1, Nutrition Score:2.22391305135%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 83.57kcal (4.18%), Fat: 1.88g (2.9%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.71g (15.23%), Cholesterol: 72.9mg (24.3%), Sodium: 8.92mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin C: 8.36mg (10.13%), Selenium: 4.51µg (6.44%), Folate: 18.09µg (4.52%), Phosphorus: 30.92mg (3.09%), Vitamin B2: 0.05mg (3.05%), Vitamin B1: 0.04mg (2.62%), Vitamin A: 123.64IU (2.47%), Vitamin D: 0.36µg (2.43%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.13µg (2.19%), Iron: 0.31mg (1.71%), Vitamin B6: 0.03mg (1.6%), Vitamin E: 0.19mg (1.25%), Zinc: 0.18mg (1.2%), Potassium: 40.21mg (1.15%), Calcium: 11.3mg (1.13%)