



Clear Lemon Filling



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 0.3 cup water

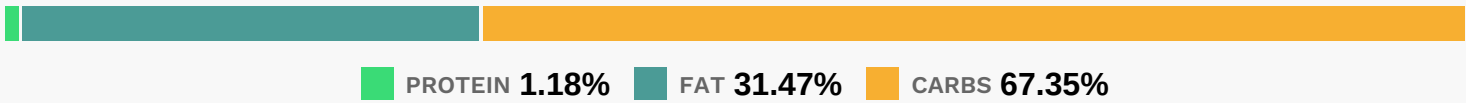
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 3 ingredients in a medium saucepan; whisk in water until blended. Bring to a boil over medium heat; cook, whisking constantly, 2 minutes.
- ☐ Remove from heat; add butter, lemon rind, and lemon juice. Cook over medium heat, whisking constantly, 1 to 2 minutes or until slightly thickened.
- ☐ Remove from heat; stir in coconut.
- ☐ Place saucepan in a large bowl of ice water for about 5 minutes, whisking often until completely cool.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:12.57, Inflammation Score:-2, Nutrition Score:2.1426086994293%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 161.76kcal (8.09%), Fat: 5.93g (9.12%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 27.22g (9.9%), Sugar: 22.71g (25.23%), Cholesterol: 0mg (0%), Sodium: 137.54mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 13.75mg (16.66%), Manganese: 0.11mg (5.4%), Fiber: 1.33g (5.32%), Selenium: 1.94µg (2.78%), Vitamin A: 127.78IU (2.56%), Copper: 0.04mg (2.14%), Potassium: 74.11mg (2.12%), Magnesium: 7.82mg (1.95%), Folate: 6.65µg (1.66%), Phosphorus: 14.44mg (1.44%), Iron: 0.22mg (1.23%), Vitamin E: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.01%)