



Cranberry Curd



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



20

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 teaspoons cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 1 tablespoon grand marnier
- ☐ 0.7 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter unsalted softened
- ☐ 0.5 cup water

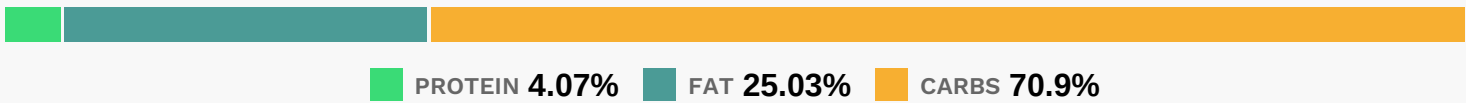
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ double boiler
- ☐ kitchen thermometer

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until cranberries pop.
- ☐ Place cranberry mixture in a blender or food processor; process until smooth. Strain cranberry mixture through a fine sieve over a bowl; discard solids.
- ☐ Combine sugars and butter in a bowl; beat with a mixer at medium speed until well combined.
- ☐ Add egg yolks and egg, 1 at a time, beating well after each addition. Stir in cranberry mixture, cornstarch, and salt.
- ☐ Place mixture in the top of a double boiler. Cook over simmering water until a thermometer registers 160 and mixture thickens (about 10 minutes), stirring frequently.
- ☐ Remove from heat; let stand 5 minutes. Stir in liqueur. Cover and refrigerate up to 1 week.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:1.3095652111199%

Flavonoids

Cyanidin: 7.9mg, Cyanidin: 7.9mg, Cyanidin: 7.9mg, Cyanidin: 7.9mg Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.36mg, Peonidin: 8.36mg, Peonidin: 8.36mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 66.24kcal (3.31%), Fat: 1.87g (2.88%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.32g (4.12%), Sugar: 10.35g (11.5%), Cholesterol: 30.67mg (10.22%), Sodium: 20.62mg (0.9%), Alcohol: 0.19g (100%), Alcohol %: 0.61% (100%), Protein: 0.69g (1.37%), Vitamin C: 2.96mg (3.59%), Manganese: 0.07mg (3.27%), Selenium: 1.83µg (2.62%), Fiber: 0.62g (2.47%), Vitamin E: 0.33mg (2.2%), Vitamin A: 83.3IU (1.67%), Vitamin B2: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.46%), Phosphorus: 14.08mg (1.41%), Vitamin D: 0.16µg (1.09%), Vitamin B6: 0.02mg (1.09%), Folate: 4.2µg (1.05%)