Easy Lemon Curd

🥗 Vegetarian   🌾 Gluten Free   🍲 Low Fod Map

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
20 min.	**8**	**239 kcal**

SIDE DISH

Ingredients

- [ ] 1 cup sugar
- [ ] 1 tablespoon juice of lemon fresh finely grated
- [ ] 8 large egg whites for another use (egg whites reserved)
- [ ] 0.3 teaspoon coarse salt
- [ ] 10 tablespoons butter unsalted cut into ½–inch pieces

Equipment

- [ ] bowl
- [ ] frying pan

- [ ] sauce pan
- [ ] whisk
- [ ] sieve
- [ ] plastic wrap

Directions

- [ ] In a medium saucepan, off heat, whisk together sugar, zest, and egg yolks; whisk in lemon juice and salt.

- [ ] Add butter and place pan over medium-high. Cook, whisking constantly, until butter has melted, mixture is thick enough to coat the back of a spoon, and small bubbles form around the edge of pan, about 5 minutes (do not boil).

- [ ] Remove pan from heat while continuing to whisk.

- [ ] Pour curd through a fine-mesh sieve into a glass bowl. Press plastic wrap against the surface of curd and refrigerate until cool.

Nutrition Facts

PROTEIN 6.12%   **FAT 52.63%**   **CARBS 41.25%**
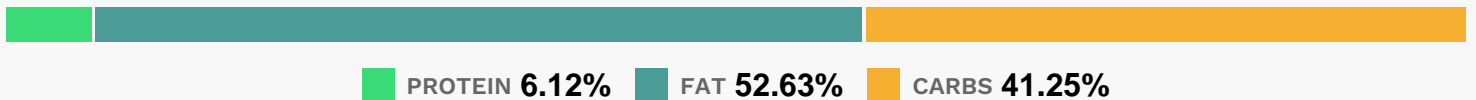
Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:1.871304333372%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.3kcal (11.96%), Fat: 14.33g (22.05%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 25.28g (9.19%), Sugar: 25.24g (28.05%), Cholesterol: 37.63mg (12.54%), Sodium: 129.65mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Selenium: 6.93µg (9.9%), Vitamin B2: 0.16mg (9.17%), Vitamin A: 437.44IU (8.75%), Vitamin E: 0.41mg (2.73%), Vitamin D: 0.26µg (1.75%), Potassium: 60.44mg (1.73%), Vitamin K: 1.23µg (1.17%), Magnesium: 4.09mg (1.02%)