



Fresh Orange Curd



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



560 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup cornstarch
- ☐ 3 large eggs lightly beaten
- ☐ 2 cups navel oranges fresh (4 pounds navel oranges)
- ☐ 1 tablespoon orange zest grated
- ☐ 1 cup sugar

Equipment

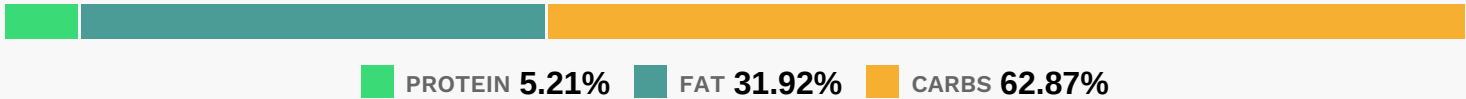
- ☐ sauce pan

- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine sugar and cornstarch in a 3-quart saucepan; gradually whisk in fresh orange juice.
- ☐ Whisk in lightly beaten eggs. Bring to a boil (5 to 6 minutes) over medium heat, whisking constantly.
- ☐ Cook, whisking constantly, 1 to 2 minutes or until mixture reaches a pudding-like thickness.
- ☐ Remove from heat, and whisk in butter and grated orange rind. Cover, placing plastic wrap directly on curd, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:46.55, Inflammation Score:-7, Nutrition Score:11.954347708951%

Flavonoids

Hesperetin: 24.06mg, Hesperetin: 24.06mg, Hesperetin: 24.06mg, Hesperetin: 24.06mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 560.28kcal (28.01%), Fat: 20.48g (31.51%), Saturated Fat: 11.31g (70.68%), Carbohydrates: 90.8g (30.27%), Net Carbohydrates: 88.07g (32.03%), Sugar: 76.08g (84.53%), Cholesterol: 226.67mg (75.56%), Sodium: 195.42mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin C: 67.73mg (82.1%), Selenium: 16.26µg (23.23%), Vitamin A: 1022.83IU (20.46%), Vitamin B2: 0.31mg (17.97%), Folate: 62.07µg (15.52%), Phosphorus: 130.65mg (13.06%), Fiber: 2.73g (10.91%), Vitamin B5: 1.08mg (10.84%), Vitamin B6: 0.18mg (8.8%), Calcium: 83.94mg (8.39%), Vitamin B12: 0.48µg (7.95%), Vitamin E: 1.13mg (7.56%), Potassium: 262.03mg (7.49%), Vitamin D: 1µg (6.67%), Vitamin B1: 0.1mg (6.54%), Iron: 1.12mg (6.23%), Zinc: 0.77mg (5.12%), Magnesium: 19.24mg (4.81%), Copper: 0.09mg (4.54%), Manganese: 0.05mg (2.71%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 1.47µg (1.4%)