



Grapefruit Curd

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 4 large egg yolks
- ☐ 0.7 cup grapefruit juice fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons grapefruit rind grated (2 grapefruit)
- ☐ 0.5 cup sugar

Equipment

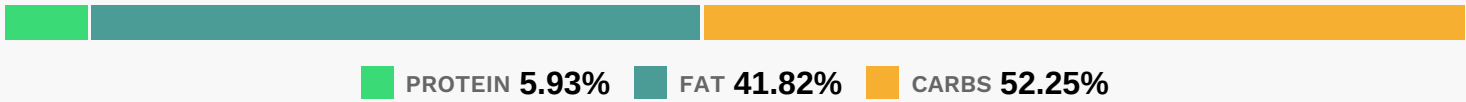
- ☐ bowl

- ☐ whisk
- ☐ sieve
- ☐ double boiler

Directions

- ☐ Combine first 5 ingredients in the top of a double boiler, stirring well with a whisk. Cook over simmering water until thick (about 10 minutes), stirring constantly. Strain juice mixture through a fine sieve into a bowl; discard solids.
- ☐ Add butter, stirring well with a whisk. Cool completely.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:4.88, Inflammation Score:-1, Nutrition Score:1.1556521684903%

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: 56.8kcal (2.84%), Fat: 2.7g (4.16%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.58g (2.76%), Sugar: 7.39g (8.21%), Cholesterol: 50.1mg (16.7%), Sodium: 13.98mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 3.37mg (4.09%), Selenium: 2.53µg (3.61%), Vitamin A: 105.82IU (2.12%), Phosphorus: 19.2mg (1.92%), Folate: 6.87µg (1.72%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.23µg (1.53%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.44%), Vitamin E: 0.16mg (1.04%)