



Homemade Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



90 min.

SERVINGS



30

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter coarsely chopped
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup juice of lemon fresh (6 lemons)
- ☐ 2 tablespoons lemon zest
- ☐ 2 cups sugar

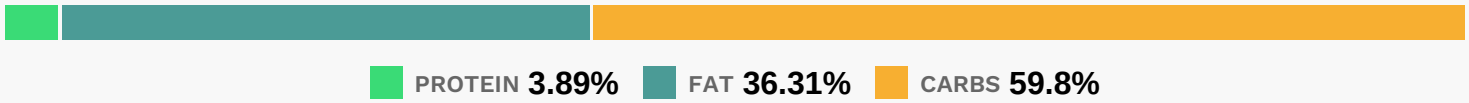
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐
- Stir together first 4 ingredients in a large heavy saucepan over medium heat, and cook, stirring constantly, 3 to 4 minutes or until sugar dissolves and butter melts.
- ☐
- Whisk about one-fourth of hot sugar mixture gradually into eggs; add egg mixture to remaining hot sugar mixture, whisking constantly. Cook over medium-low heat, whisking constantly, 15 minutes or until mixture thickens and coats back of a spoon.
- ☐
- Remove from heat; cool completely (about 1 hour), stirring occasionally. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:1.0634782508664%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 89.97kcal (4.5%), Fat: 3.77g (5.79%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.89g (5.05%), Sugar: 13.56g (15.06%), Cholesterol: 32.93mg (10.98%), Sodium: 34.03mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin C: 3.66mg (4.44%), Selenium: 2.18µg (3.11%), Vitamin A: 131.23IU (2.62%), Vitamin B2: 0.04mg (2.11%), Phosphorus: 14.81mg (1.48%), Folate: 4.93µg (1.23%), Vitamin B5: 0.12mg (1.18%), Vitamin E: 0.17mg (1.14%), Vitamin B12: 0.07µg (1.1%)