

Key Lime Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons butter cut into small pieces
- ☐ 5 large egg yolks
- ☐ 0.5 cup bottled key lime juice such as Nellie and Joe's
- ☐ 0.5 cup sugar

Equipment

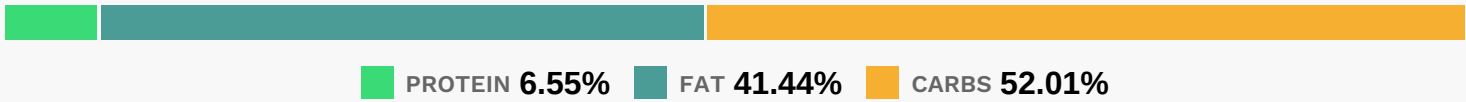
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium, heavy saucepan. Cook over medium heat 7 minutes or until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add butter; stir with a whisk until butter melts.
- ☐ Place pan in a large ice-filled bowl for 20 minutes or until lime curd comes to room temperature, stirring occasionally. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.219565221311%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 52.47kcal (2.62%), Fat: 2.5g (3.84%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 7.02g (2.55%), Sugar: 6.4g (7.11%), Cholesterol: 60.2mg (20.07%), Sodium: 11.2mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Selenium: 3.03µg (4.33%), Vitamin C: 2.27mg (2.75%), Vitamin A: 113.19IU (2.26%), Phosphorus: 22.09mg (2.21%), Folate: 8.55µg (2.14%), Vitamin D: 0.29µg (1.91%), Vitamin B2: 0.03mg (1.81%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.17mg (1.7%), Vitamin E: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.08%)