



Lemon Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 1 tablespoon cornstarch
- 1 tablespoon juice of lemon
- 0.3 teaspoon lemon zest grated
- 0.5 cup water
- 0.3 cup sugar white

Equipment

- sauce pan

Directions

- In a saucepan over medium heat, combine sugar, cornstarch, and lemon zest. Stir in water and lemon juice, and continue stirring. After the mixture thickens and bubbles, continue to heat and stir for another two minutes.
- Remove the sauce from the heat and stir in the butter.
- Serve warm.

Nutrition Facts

PROTEIN 0.22% **FAT 24.26%** **CARBS 75.52%**

Properties

Glycemic Index:15.01, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.1360869569623%

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: 37.28kcal (1.86%), Fat: 1.04g (1.6%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 7.26g (2.64%), Sugar: 6.29g (6.99%), Cholesterol: 2.69mg (0.9%), Sodium: 8.95mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)