



Lemon Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SAUCE

Ingredients

- ☐ 0.3 cup lemon curd fat-free such as Crosse and Blackwell
- ☐ 0.5 cup cream cheese light
- ☐ 1 tablespoon orange juice orange-flavored
- ☐ 1 tablespoon powdered sugar

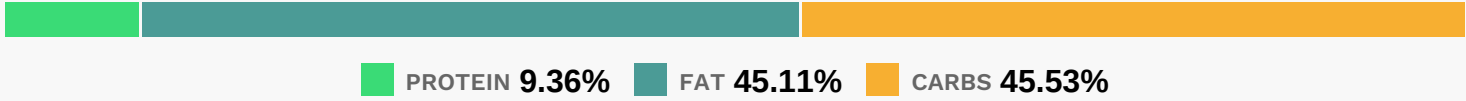
Equipment

- ☐ bowl
- ☐ blender

Directions

☐ Combine all ingredients in a medium bowl; beat with a mixer at medium speed until smooth.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.83304346449997%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.66kcal (2.93%), Fat: 2.95g (4.54%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.27g (6.96%), Cholesterol: 8.1mg (2.7%), Sodium: 75.08mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Phosphorus: 23.16mg (2.32%), Vitamin B12: 0.14µg (2.3%), Calcium: 22.44mg (2.24%), Vitamin A: 87.05IU (1.74%), Vitamin B2: 0.03mg (1.68%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 1.06mg (1.29%), Potassium: 41.32mg (1.18%)