

Lemon Curd

 Vegetarian  Gluten Free  Low Fod Map

READY IN



210 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- 4 large egg yolk
- 0.5 cup granulated sugar
- 0.3 cup juice of lemon freshly squeezed (from 3 to 4 lemons)
- 0.3 cup lemon zest loosely packed finely grated (from 5 to 6 medium lemons)
- 0.1 teaspoon salt fine
- 6 tablespoons butter unsalted cut into 6 pieces, at room temperature ()

Equipment

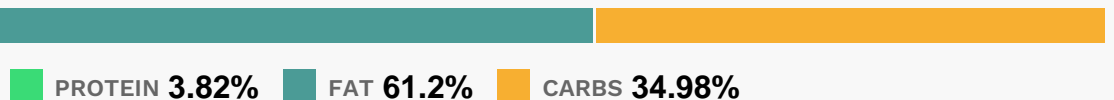
- bowl

- sauce pan
- whisk
- sieve
- plastic wrap
- pot holder

Directions

- Fill a medium saucepan with 1 to 2 inches of water and bring it to a simmer over high heat; reduce the heat to low and keep the water at a bare simmer.
- Place all of the ingredients except the butter in a large heatproof bowl and whisk to combine. Set the bowl over, but not touching, the simmering water and whisk constantly until the yolks thicken and the mixture forms ribbons when the whisk is lifted from the bowl, about 7 to 10 minutes. (Check to make sure the water does not boil by periodically removing the bowl from the saucepan using a pot holder or dry towel. If the water boils, reduce the heat so the eggs do not curdle.)
- Remove the bowl from the simmering water; whisk in the butter one piece at a time, waiting until each piece is completely melted and incorporated before adding another. Set a fine-mesh strainer over a medium bowl. Strain the curd, pressing on the solids and scraping the extra curd clinging to the underside of the strainer into the bowl; discard the solids left in the strainer. Press a sheet of plastic wrap directly onto the surface of the curd to prevent a skin from forming. Refrigerate until set and chilled, at least 3 hours. (The curd can be made and refrigerated up to 5 days ahead.)

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:5.2965217349322%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 308.85kcal (15.44%), Fat: 21.68g (33.36%), Saturated Fat: 12.42g (77.63%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 27.19g (9.89%), Sugar: 25.82g (28.69%), Cholesterol: 228.75mg (76.25%), Sodium: 83.95mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin C: 15.61mg (18.92%), Vitamin A: 774.15IU (15.48%), Selenium: 9.94µg (14.2%), Vitamin D: 1.23µg (8.22%), Folate: 30.3µg (7.57%), Phosphorus: 73.69mg (7.37%), Vitamin E: 0.97mg (6.48%), Vitamin B2: 0.11mg (6.44%), Vitamin B12: 0.37µg (6.12%), Vitamin B5: 0.58mg (5.77%), Vitamin B6: 0.08mg (3.99%), Calcium: 36.53mg (3.65%), Iron: 0.55mg (3.03%), Zinc: 0.44mg (2.92%), Fiber: 0.7g (2.79%), Vitamin B1: 0.04mg (2.63%), Potassium: 54.63mg (1.56%), Vitamin K: 1.59µg (1.51%), Copper: 0.03mg (1.35%)