



Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



260 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 eggs
- ☐ 0.3 cup juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 1 cup sugar white

Equipment

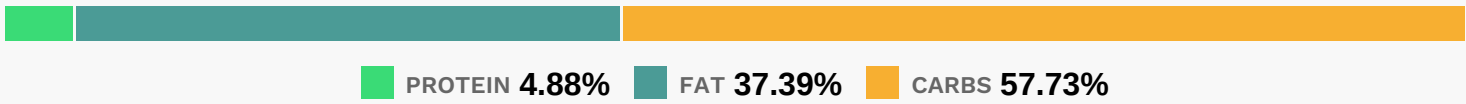
- ☐ whisk
- ☐ sieve

☐ double boiler

Directions

- ☐ Whisk eggs, sugar, and lemon juice in a double boiler over simmering water until mixed well, then continue to stir until thick, 7 to 10 minutes.
- ☐ Drain through a mesh sieve to get rid of lumps. Fold in butter until well incorporated.
- ☐ Mix in lemon zest. Cover curd and chill in the refrigerator until it has thickened, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:2.1804347945296%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.18kcal (8.66%), Fat: 7.43g (11.43%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 25.72g (9.35%), Sugar: 25.29g (28.1%), Cholesterol: 76.63mg (25.54%), Sodium: 69.42mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Selenium: 5.3µg (7.57%), Vitamin C: 4.58mg (5.55%), Vitamin A: 267.23IU (5.34%), Vitamin B2: 0.08mg (4.97%), Phosphorus: 35.25mg (3.52%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.16µg (2.65%), Folate: 10.07µg (2.52%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.33µg (2.2%), Iron: 0.31mg (1.75%), Vitamin B6: 0.03mg (1.69%), Zinc: 0.23mg (1.52%), Calcium: 12.47mg (1.25%), Potassium: 36.24mg (1.04%)