



Lemon Curd



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



32

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup sugar
- ☐ 1 tablespoon lemon zest shredded finely
- ☐ 1 cup juice of lemon (5 large lemons)
- ☐ 3 tablespoons butter firm
- ☐ 3 large eggs slightly beaten

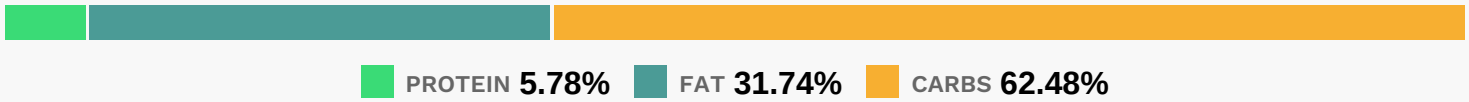
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐
- In heavy 1 1/2-quart saucepan, mix sugar, lemon peel and lemon juice with wire whisk.
- ☐
- Stir in butter and eggs. Cook over medium heat about 8 minutes, stirring constantly, until mixture thickens and coats back of spoon (do not boil). Immediately pour into one 1-pint container or two 1-cup containers.
- ☐
- Store covered in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.74956520541531%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 41.97kcal (2.1%), Fat: 1.54g (2.37%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.78g (2.47%), Sugar: 6.45g (7.17%), Cholesterol: 17.44mg (5.81%), Sodium: 19.18mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 3.2mg (3.87%), Selenium: 1.49µg (2.12%), Vitamin A: 72.81IU (1.46%), Vitamin B2: 0.02mg (1.43%), Phosphorus: 10.22mg (1.02%)