



Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 0.8 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest fresh finely grated
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted

Equipment

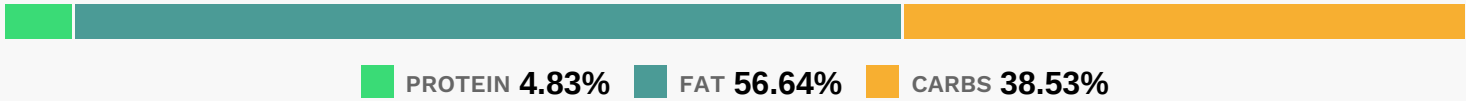
- ☐ sauce pan
- ☐ whisk

plastic wrap

Directions

- Whisk together lemon juice, lemon zest, sugar, and eggs in a 2-quart saucepan.
- Cut butter into bits and add to mixture.
- Cook mixture, stirring constantly, over moderately low heat until curd is thick enough to hold marks of whisk and first bubble appears on surface, about 6 minutes. (You can make the curd 1 week ahead and chill it, covering its surface with plastic wrap.)

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:4.1678260448186%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 274.81kcal (13.74%), Fat: 17.88g (27.5%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 27.16g (9.88%), Sugar: 25.86g (28.74%), Cholesterol: 133.67mg (44.56%), Sodium: 38.2mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin C: 13.09mg (15.87%), Vitamin A: 610.06IU (12.2%), Selenium: 8.05µg (11.5%), Vitamin B2: 0.13mg (7.69%), Phosphorus: 56.6mg (5.66%), Vitamin D: 0.78µg (5.22%), Vitamin E: 0.75mg (5%), Folate: 18.55µg (4.64%), Vitamin B5: 0.45mg (4.47%), Vitamin B12: 0.25µg (4.24%), Vitamin B6: 0.06mg (2.94%), Iron: 0.49mg (2.7%), Zinc: 0.36mg (2.4%), Calcium: 21.96mg (2.2%), Potassium: 72.56mg (2.07%), Copper: 0.03mg (1.43%), Magnesium: 5.36mg (1.34%), Vitamin K: 1.4µg (1.33%), Vitamin B1: 0.02mg (1.26%)