



Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

Ingredients

- 0.5 cup butter coarsely chopped
- 4 eggs lightly beaten
- 1 cup juice of lemon fresh (6 lemons)
- 0.3 cup lemon zest grated
- 2 cups sugar

Equipment

- sauce pan
- whisk

Directions

- Stir together sugar, chopped butter, grated lemon rind, and juice in a large saucepan over medium heat and cook, stirring constantly, until sugar dissolves and butter melts.
- Whisk about one-fourth of hot sugar mixture gradually into eggs; add egg mixture to remaining hot sugar mixture, whisking constantly.
- Cook over medium-low heat, stirring constantly, 15 minutes or until the mixture thickens and coats a spoon.
- Remove from heat; cool. Cover and chill up to 2 weeks.

Nutrition Facts



PROTEIN 3.51% **FAT 35.9%** **CARBS 60.59%**

Properties

Glycemic Index:15.01, Glycemic Load:34.91, Inflammation Score:-3, Nutrition Score:3.882608709128%

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: 333.8kcal (16.69%), Fat: 13.84g (21.29%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 52.14g (18.96%), Sugar: 50.88g (56.54%), Cholesterol: 112.34mg (37.45%), Sodium: 123.45mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin C: 15.67mg (19%), Selenium: 7.25µg (10.35%), Vitamin A: 476.68IU (9.53%), Vitamin B2: 0.12mg (7.17%), Phosphorus: 49.76mg (4.98%), Folate: 17.26µg (4.31%), Vitamin E: 0.61mg (4.09%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.85%), Iron: 0.46mg (2.56%), Calcium: 22.08mg (2.21%), Zinc: 0.32mg (2.16%), Potassium: 70.98mg (2.03%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.35%), Magnesium: 5.2mg (1.3%), Vitamin B1: 0.02mg (1.24%), Vitamin K: 1.06µg (1.01%)