



Lemon Curd over Biscotti Crumbs with Fresh Berries

READY IN



145 min.

SERVINGS



6

CALORIES



548 kcal

DESSERT

Ingredients

- 1.3 cups purchased biscotti crumbled
- 9 large egg yolks room temperature
- 0.7 cup fresh-squeezed lemon juice
- 1 tablespoon lemon zest grated
- 3 cups poached berries mixed (2 pints, different kinds)
- 2 teaspoons rosemary leaves (*See Cook's Note)
- 0.3 cup sugar
- 8 tablespoons butter unsalted at room temperature

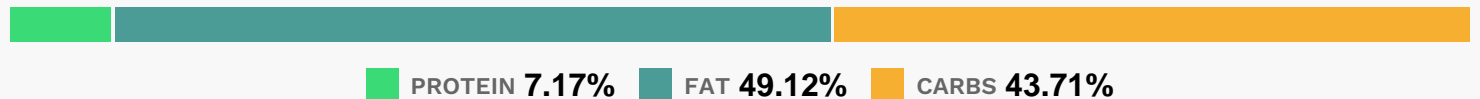
Equipment

- bowl
- whisk
- double boiler

Directions

- Watch how to make this recipe.
- For the lemon curd:In the top of a double boiler, whisk the sugar and the egg yolks until sugar has dissolved and mixture is pale yellow, then whisk in lemon juice and zest. Set the bowl over simmering water and whisk constantly until mixture reaches 145 degrees F; it will visibly thicken but don't let it get too hot or the eggs will curdle.
- Remove the bowl from the heat and add the rosemary and butter a little at a time, whisking until each addition is incorporated and the curd becomes thick.
- Transfer to a bowl, cool and then refrigerate until well chilled.
- Divide the berries among 6 decorative bowls or glasses. Top with a dollop of the lemon curd and sprinkle with biscotti crumbs.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:7.76, Inflammation Score:-6, Nutrition Score:8.9004347479862%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg

Myricetin: 1.37mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 547.69kcal (27.38%), Fat: 30.59g (47.07%), Saturated Fat: 14.78g (92.35%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 58.96g (21.44%), Sugar: 37.39g (41.55%), Cholesterol: 369.69mg (123.23%), Sodium: 190.6mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.09%), Vitamin A: 1135.88IU (22.72%), Selenium: 14.65µg (20.92%), Vitamin C: 13.74mg (16.65%), Vitamin K: 14.2µg (13.52%), Folate: 48.87µg (12.22%), Phosphorus: 114.77mg (11.48%), Vitamin D: 1.66µg (11.05%), Vitamin B2: 0.18mg (10.4%), Iron: 1.83mg (10.17%), Vitamin E: 1.51mg (10.04%), Vitamin B5: 0.92mg (9.19%), Fiber: 2.29g (9.18%), Vitamin B12: 0.53µg (8.82%), Vitamin B6: 0.15mg (7.52%), Manganese: 0.13mg (6.65%), Vitamin B1: 0.08mg (5.19%), Calcium: 47.08mg (4.71%), Zinc: 0.68mg (4.51%), Potassium: 104.19mg (2.98%), Copper: 0.05mg (2.72%), Vitamin B3: 0.45mg (2.23%), Magnesium: 7.37mg (1.84%)