



Lemon curd pots

READY IN



5 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

Ingredients

- ☐ 300 g lemon curd
- ☐ 100 ml double cream
- ☐ 1 small chocolate dark
- ☐ 4 servings grands flaky refrigerator biscuits

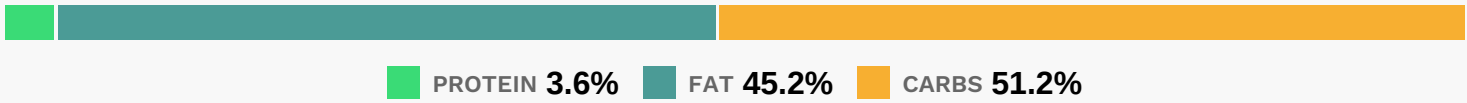
Equipment

- ☐ ramekin

Directions

- ☐
- Take four small freezer-proof pots or ramekins and divide the lemon curd between them. Top with the cream, grate some chocolate over and place the pots in the freezer until well chilled.
- ☐
- Serve with biscuits of your choice on the side.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:11.76, Inflammation Score:-3, Nutrition Score:4.7930434398029%

Nutrients (% of daily need)

Calories: 522.54kcal (26.13%), Fat: 26.3g (40.46%), Saturated Fat: 14.19g (88.7%), Carbohydrates: 67.02g (22.34%), Net Carbohydrates: 65.74g (23.91%), Sugar: 53.46g (59.4%), Cholesterol: 28.63mg (9.54%), Sodium: 332.03mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.6mg (1.87%), Protein: 4.71g (9.43%), Manganese: 0.26mg (12.82%), Iron: 1.69mg (9.4%), Vitamin B2: 0.14mg (8.27%), Vitamin A: 396.5IU (7.93%), Copper: 0.15mg (7.58%), Vitamin B1: 0.11mg (7.08%), Vitamin E: 0.96mg (6.37%), Folate: 23.69µg (5.92%), Phosphorus: 54.63mg (5.46%), Magnesium: 21.64mg (5.41%), Fiber: 1.28g (5.11%), Vitamin B3: 1.01mg (5.04%), Selenium: 2.97µg (4.24%), Vitamin K: 4.4µg (4.19%), Zinc: 0.43mg (2.86%), Potassium: 98.58mg (2.82%), Vitamin D: 0.4µg (2.68%), Calcium: 25.35mg (2.53%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.57%)