



Lemon Curd with Berries

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

Ingredients

- 1.5 cups blueberries
- 3 tablespoons butter cut into small pieces
- 6 large egg yolk
- 8 teaspoons graham cracker crumbs
- 0.5 cup juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.3 cup orange juice fresh
- 1.5 cups raspberries

0.1 teaspoon salt

0.7 cup sugar

Equipment

bowl

sauce pan

whisk

plastic wrap

Directions

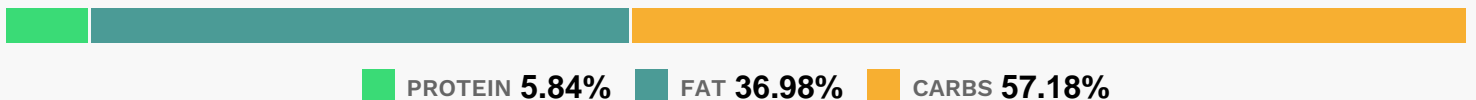
Combine the first 5 ingredients in a small, heavy saucepan over medium heat.

Heat to 180 or until thick (about 6 minutes), stirring constantly with a whisk; remove from heat.

Add butter and rind, stirring until butter melts.

Place curd in a medium bowl. Cover surface of curd with plastic wrap, and chill completely. Spoon 2 tablespoons curd into each of 8 small cups. Top each serving with 1 1/2 tablespoons blueberries and 1 1/2 tablespoons raspberries. Repeat layers of curd and berries. Top each serving with 1 teaspoon crumbs.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:16.4, Inflammation Score:-4, Nutrition Score:6.2360870008883%

Flavonoids

Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate:

0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg
Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 3.13mg, Hesperetin:
3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg,
Naringenin: 0.38mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg,
Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin:
0.37mg, Myricetin: 0.37mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg
Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 198.66kcal (9.93%), Fat: 8.48g (13.05%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 29.51g (9.84%),
Net Carbohydrates: 27.1g (9.85%), Sugar: 22.67g (25.19%), Cholesterol: 148.99mg (49.66%), Sodium: 110.09mg
(4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin C: 19.01mg (23.04%),
Manganese: 0.25mg (12.73%), Selenium: 7.39µg (10.56%), Fiber: 2.41g (9.65%), Folate: 32.9µg (8.23%), Phosphorus:
73.54mg (7.35%), Vitamin K: 7.58µg (7.21%), Vitamin A: 354.13IU (7.08%), Vitamin B2: 0.11mg (6.42%), Vitamin E:
0.83mg (5.55%), Vitamin B5: 0.53mg (5.32%), Iron: 0.83mg (4.61%), Vitamin D: 0.69µg (4.59%), Vitamin B6:
0.09mg (4.38%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.17%), Zinc: 0.55mg (3.66%), Potassium:
111.7mg (3.19%), Calcium: 31.57mg (3.16%), Magnesium: 12.15mg (3.04%), Copper: 0.05mg (2.74%), Vitamin B3:
0.49mg (2.46%)