



Lemon curd & yogurt fool

READY IN



5 min.

SERVINGS



4

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 300 g lemon curd traditional (we used Duchy Originals Lemon Curd)
- ☐ 500 g greek yogurt 0%
- ☐ 200 g punnet raspberry
- ☐ 1 tbsp icing sugar
- ☐ 4 servings shortbread

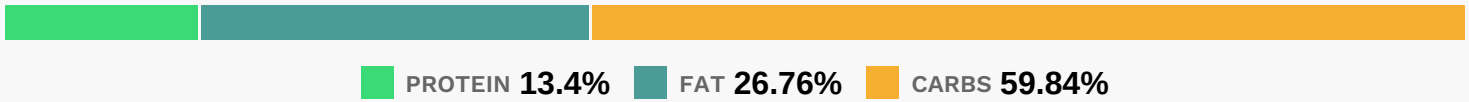
Equipment

- ☐ bowl

Directions

- ☐ Put the lemon curd and yogurt into a bowl. Fold together for a rippled effect. Divide the mixture between four glasses and chill.
- ☐ Mix raspberries and icing sugar together and gently crush, then spoon with their juices over the chilled mix and serve.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:10.470434673454%

Flavonoids

Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 505.2kcal (25.26%), Fat: 15.02g (23.11%), Saturated Fat: 6.84g (42.73%), Carbohydrates: 75.58g (25.19%), Net Carbohydrates: 71.82g (26.12%), Sugar: 59.3g (65.89%), Cholesterol: 6.25mg (2.08%), Sodium: 369.38mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.86%), Vitamin B2: 0.46mg (26.97%), Manganese: 0.47mg (23.31%), Selenium: 14.22µg (20.32%), Phosphorus: 202.98mg (20.3%), Vitamin C: 13.1mg (15.88%), Calcium: 154.91mg (15.49%), Fiber: 3.76g (15.06%), Vitamin B12: 0.88µg (14.58%), Folate: 41.93µg (10.48%), Vitamin B1: 0.14mg (9.49%), Potassium: 276.43mg (7.9%), Vitamin E: 1.13mg (7.54%), Vitamin B3: 1.48mg (7.41%), Magnesium: 28.67mg (7.17%), Iron: 1.27mg (7.05%), Zinc: 1.01mg (6.73%), Vitamin K: 6.98µg (6.65%), Vitamin B5: 0.66mg (6.63%), Vitamin B6: 0.13mg (6.37%), Copper: 0.09mg (4.58%)