



## Lemon Custards with Lemon Verbena

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

DESSERT

### Ingredients

- 6 large egg yolk
- 28 inch optional: lemon fresh
- 1 teaspoon juice of lemon fresh
- 20 lemon zest yellow ( part only)
- 6 tablespoons sugar
- 1 cup water
- 1.5 cups whipping cream

### Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- ramekin
- baking pan
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 325°F.
- Combine first 3 ingredients in medium saucepan. Boil until mixture is reduced to 1/2 cup, about 4 minutes.
- Add sugar; simmer until mixture is reduced to 1/3 cup, about 3 minutes. Stir in cream.
- Whisk yolks to blend in medium bowl. Gradually whisk in hot cream mixture.
- Whisk in lemon juice.
- Strain custard through sieve into 4-cup measuring cup. Divide among six 2-cup ramekins or soufflé dishes. Cover ramekins with foil.
- Place ramekins in 13 x 9 x 2-inch metal baking pan.
- Add enough hot water to pan to come halfway up sides of ramekins.
- Bake custards until just set, about 45 minutes.
- Remove pan from oven; let custards cool in water in pan.
- Transfer ramekins to refrigerator. Chill at least 4 hours or overnight.
- Serve chilled.

## Nutrition Facts



■ PROTEIN 5.87% ■ FAT 71.49% ■ CARBS 22.64%

## Properties

Glycemic Index:15.93, Glycemic Load:8.57, Inflammation Score:-6, Nutrition Score:8.4130434575288%

## Flavonoids

Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 316.26kcal (15.81%), Fat: 26.12g (40.19%), Saturated Fat: 15.32g (95.76%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 16.16g (5.88%), Sugar: 14.96g (16.62%), Cholesterol: 250.84mg (83.61%), Sodium: 27.76mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin C: 32.76mg (39.71%), Vitamin A: 1132.45IU (22.65%), Selenium: 11.57µg (16.52%), Vitamin B2: 0.22mg (13.08%), Vitamin D: 1.87µg (12.47%), Phosphorus: 105.17mg (10.52%), Fiber: 2.45g (9.82%), Calcium: 92.43mg (9.24%), Folate: 31.27µg (7.82%), Vitamin B5: 0.75mg (7.47%), Vitamin B12: 0.43µg (7.11%), Vitamin E: 1.05mg (7.03%), Vitamin B6: 0.12mg (6.23%), Iron: 0.76mg (4.23%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.92%), Potassium: 124.51mg (3.56%), Copper: 0.05mg (2.49%), Magnesium: 9.41mg (2.35%), Vitamin K: 2.02µg (1.93%)