

SIDE DISH

Lemon Filling

24 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.30	115 kcal



Lemon Filling could be just the dairy free recipe you've been looking for. This recipe serves 8 and costs 30 cents per serving. This side dish has 115 calories, 1g of protein, and 2g of fat per serving. This recipe from Allrecipes requires egg, sugar, lemon juice, and whipped cream.

Ingredients

- ☐ 1 egg
- ☐ 2 tablespoons fresh lemon juice
- ☐ 2 tablespoons grated orange zest
- ☐ ¾ cup white sugar
- ☐ 2 tablespoons all-purpose flour
- ☐ ½ cup orange juice
- ☐ 1 cup whipped cream

EQUIPMENT Sauce pan

Method

- 1 In a saucepan over medium heat mix the white sugar, flour, orange juice, orange zest, lemon juice and the egg. Cook until thickened.
- 2 Remove from heat and let cool completely before folding in the whipped cream. Makes enough to fill one 2 layer 9 inch round layer cake.

Nutrition per serving

115	1 g	2 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.2 g · 8% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			20.7 g · 23% of daily needs
Sodium			8.9 mg · 0% of daily needs
Cholesterol			26.2 mg · 9% of daily needs
Vitamin C			11.2 mg · 14% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/lemon-filling-145028