



Lemon Filling



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 2 egg yolk slightly beaten
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

Directions

- ☐ Combine sugar and cornstarch; gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Continue boiling 1 minute
- ☐ Gradually stir one-fourth of hot mixture into egg yolks; add to remaining hot mixture, stirring constantly. Return to a boil; cook 1 to 2 minutes longer, stirring constantly.
- ☐ Remove from heat and continue stirring until smooth. Stir in butter, lemon rind, and lemon juice. Cool.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:1.2817391294824%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.66kcal (7.63%), Fat: 4.13g (6.35%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 29.09g (10.58%), Sugar: 25.15g (27.94%), Cholesterol: 56.13mg (18.71%), Sodium: 26.85mg (1.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Selenium: 2.83µg (4.04%), Vitamin C: 3.14mg (3.81%), Vitamin A: 153.07IU (3.06%), Folate: 7.9µg (1.97%), Phosphorus: 19.45mg (1.95%), Vitamin B2: 0.03mg (1.83%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.56%), Vitamin B5: 0.15mg (1.48%), Vitamin E: 0.21mg (1.38%)