



Lemon Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup half-and-half
- ☐ 11.3 ounce lemon curd
- ☐ 8 servings lemon zest
- ☐ 0.3 cup condensed milk sweetened

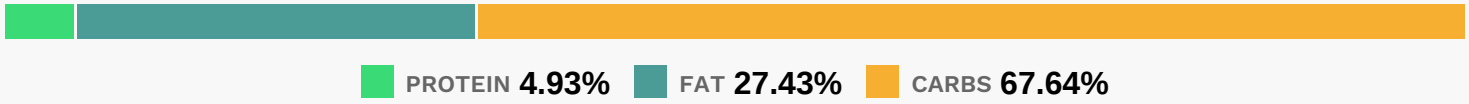
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a small bowl, and stir well. Spoon into a footed serving dish.
- ☐ Serve with fresh fruit, gingersnaps, and pound cake cubes.
- ☐ Garnish dish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.1686956503469%

Nutrients (% of daily need)

Calories: 184.48kcal (9.22%), Fat: 5.65g (8.69%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 31.23g (11.36%), Sugar: 31.18g (34.64%), Cholesterol: 6.98mg (2.33%), Sodium: 140.42mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Calcium: 44.57mg (4.46%), Vitamin B2: 0.07mg (3.99%), Phosphorus: 39.47mg (3.95%), Selenium: 2.13µg (3.04%), Potassium: 57.6mg (1.65%), Vitamin A: 60.91IU (1.22%), Vitamin B5: 0.12mg (1.18%), Vitamin B12: 0.07µg (1.17%), Magnesium: 4.1mg (1.03%)