



Lemon Posset



Vegetarian



Gluten Free

READY IN



315 min.

SERVINGS



5

CALORIES



713 kcal

SIDE DISH

Ingredients

- ☐ 3 cups heavy cream
- ☐ 3 tablespoons additional heavy cream for topping
- ☐ 3 juice of lemon juiced
- ☐ 1.3 cups sugar white

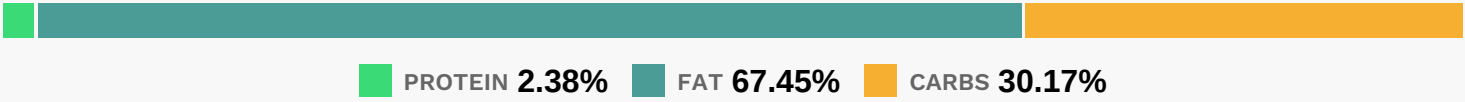
Equipment

- ☐ sauce pan

Directions

- ☐
- In a saucepan, stir together 3 cups of cream and sugar. Bring to a boil, and cook for 2 to 3 minutes. Stir in the lemon juice.
- ☐
- Pour into serving glasses, and refrigerate until set, about 5 hours.
- ☐
- Pour a little more cream over the tops just before serving.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:34.91, Inflammation Score:-8, Nutrition Score:6.8465218414431%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 712.58kcal (35.63%), Fat: 55g (84.62%), Saturated Fat: 34.92g (218.26%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 55.3g (20.11%), Sugar: 54.79g (60.87%), Cholesterol: 171.53mg (57.18%), Sodium: 41.67mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin A: 2232.54IU (44.65%), Vitamin B2: 0.3mg (17.5%), Vitamin D: 2.43µg (16.19%), Calcium: 101.77mg (10.18%), Vitamin C: 7.88mg (9.55%), Vitamin E: 1.42mg (9.49%), Phosphorus: 89.48mg (8.95%), Selenium: 4.87µg (6.96%), Potassium: 163.75mg (4.68%), Vitamin K: 4.86µg (4.63%), Vitamin B5: 0.41mg (4.11%), Vitamin B12: 0.24µg (4.05%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.71mg (2.93%), Zinc: 0.38mg (2.52%), Folate: 9.67µg (2.42%), Vitamin B1: 0.03mg (2.31%), Copper: 0.02mg (1.15%), Iron: 0.19mg (1.06%)