



WHATSheATE



Lemon posset with sugared-almond shortbread



Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



889 kcal

SIDE DISH

Ingredients

- ☐ 600 ml double cream
- ☐ 200 g brown sugar
- ☐ 3 lemon zest
- ☐ 140 g butter diced cold
- ☐ 140 g flour plain
- ☐ 85 g brown sugar for dusting
- ☐ 50 g rice (flour if you can't find it)

☐ 85 g almonds flaked

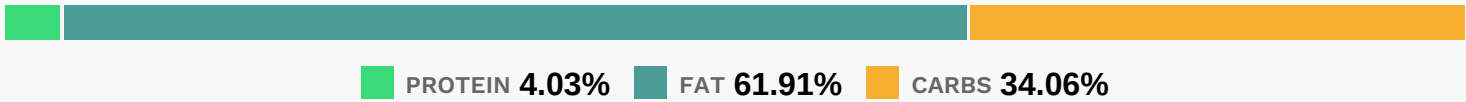
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Make the posset first.
- ☐ Put the cream in a big saucepan with the sugar and gently heat, stirring, until the sugar has melted. Bring to a simmer and bubble for 1 min. Turn off the heat and stir in the lemon zest and juice. Divide between pots or bowls, cool to room temperature, then carefully cover and chill for at least 3 hrs, or up to 24 hrs.
- ☐ To make the shortbread, heat oven to 160C/140C fan/gas
- ☐ Whizz the butter and flour together in a food processor until no lumps of butter remain (or rub together with your fingertips). Tip into a bowl and stir in the sugar, ground rice and almonds. Line the base of a roughly 22cm square tin with baking parchment. Tip in the mixture and press it down firmly, making it as flat as you can. Dredge with more sugar and bake for 25–30 mins until pale golden. Cool in the tin.
- ☐ Cut the shortbread into shards and serve with the possets and little spoons.

Nutrition Facts



Properties

Glycemic Index:32.7, Glycemic Load:17.03, Inflammation Score:-8, Nutrition Score:14.21826085837%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 888.61kcal (44.43%), Fat: 62.6g (96.31%), Saturated Fat: 35.72g (223.26%), Carbohydrates: 77.48g (25.83%), Net Carbohydrates: 74.65g (27.15%), Sugar: 49.84g (55.38%), Cholesterol: 163.84mg (54.61%), Sodium: 191.7mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.33%), Vitamin A: 2063.51IU (41.27%), Vitamin E: 5.12mg (34.16%), Manganese: 0.6mg (30.25%), Vitamin B2: 0.48mg (28.25%), Selenium: 13.59µg (19.42%), Phosphorus: 169.13mg (16.91%), Vitamin B1: 0.24mg (16.08%), Calcium: 159.38mg (15.94%), Magnesium: 57.7mg (14.43%), Folate: 55.19µg (13.8%), Iron: 2.14mg (11.9%), Copper: 0.23mg (11.7%), Fiber: 2.83g (11.31%), Vitamin B3: 2.16mg (10.81%), Vitamin D: 1.61µg (10.73%), Potassium: 307.53mg (8.79%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.61mg (6.08%), Vitamin C: 4.47mg (5.42%), Vitamin B6: 0.1mg (5.19%), Vitamin K: 4.93µg (4.7%), Vitamin B12: 0.2µg (3.34%)