

Lemon Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



43 kcal

SAUCE

Ingredients

- 1 Tbsp butter
- 1 Tbsp cornstarch
- 2 Tbsp juice of lemon
- 1 tsp lemon zest grated
- 0.1 tsp salt
- 0.7 cup sugar
- 1 cup water
- 2 drops food coloring yellow

Equipment

sauce pan

Directions

- Mix sugar, cornstarch and salt in medium saucepan. Gradually add water, stirring until well blended.
- Bring to boil on medium heat, stirring frequently. Boil 3 min., stirring constantly.
- Remove from heat.
- Add butter, lemon zest, lemon juice and food coloring; stir until butter is completely melted and mixture is well blended.

Nutrition Facts

PROTEIN 0.17% FAT 15.64% CARBS 84.19%

Properties

Glycemic Index:4.67, Glycemic Load:6.21, Inflammation Score:-1, Nutrition Score:0.14434782561401%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.47kcal (2.17%), Fat: 0.79g (1.21%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.48g (3.45%), Sugar: 8.93g (9.92%), Cholesterol: 0mg (0%), Sodium: 29.13mg (1.27%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 0.95mg (1.15%)