

# Lemon Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



65 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:7.01, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:0.21565217411389%

# Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 65.2kcal (3.26%), Fat: 1.18g (1.81%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 14.22g (5.17%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 43.7mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 1.42mg (1.72%), Vitamin A: 50.36IU (1.01%)