



Lemon Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



236 kcal

SAUCE

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup half-and-half fat-free
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 3 tablespoons butter light

Equipment

- ☐ sauce pan

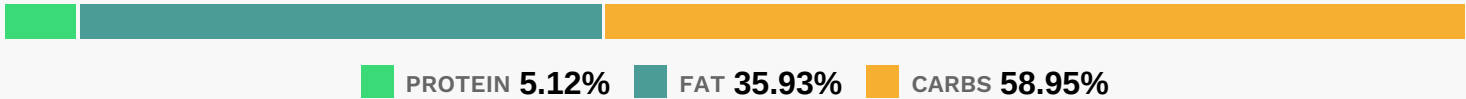
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whisk

Directions

- ☐ Combine first 3 ingredients in a small saucepan. Cook over medium heat until sugar dissolves, stirring constantly with a whisk.
- ☐ Add butter and lemon juice; cook over low heat, stirring constantly, just until mixture coats the back of a spoon (about 160).
- ☐ Remove from heat; stir in lemon rind.
- ☐ Serve at room temperature or chilled. (
- ☐ Mixture thickens as it cools.)

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:23.27, Inflammation Score:-2, Nutrition Score:3.1347825941832%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 235.99kcal (11.8%), Fat: 9.71g (14.93%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 35.77g (13.01%), Sugar: 34.58g (38.42%), Cholesterol: 77.82mg (25.94%), Sodium: 48.83mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Selenium: 6.04µg (8.63%), Vitamin B2: 0.14mg (8.28%), Phosphorus: 68.3mg (6.83%), Vitamin A: 336.94IU (6.74%), Vitamin C: 4.44mg (5.38%), Vitamin B12: 0.27µg (4.48%), Calcium: 36.31mg (3.63%), Vitamin B5: 0.36mg (3.6%), Vitamin D: 0.47µg (3.16%), Zinc: 0.42mg (2.8%), Vitamin E: 0.42mg (2.8%), Folate: 10.8µg (2.7%), Iron: 0.47mg (2.62%), Potassium: 84.95mg (2.43%), Vitamin B6: 0.05mg (2.36%), Magnesium: 6.5mg (1.62%), Vitamin B1: 0.02mg (1.45%)