

Lemon Sauce I

 Vegetarian  Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

88 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 juice of lemon juiced
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 0.5 cup sugar white

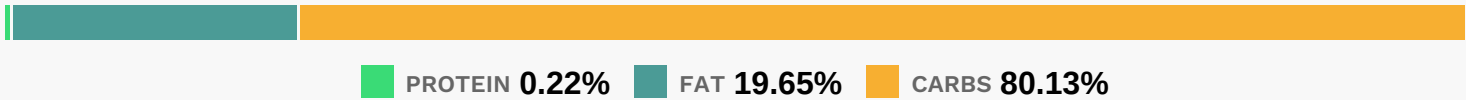
Equipment

☐ sauce pan

Directions

- ☐ In large saucepan, stir together sugar, cornstarch, salt and nutmeg. Gradually stir in boiling water, then simmer over low heat until thick, stirring occasionally.
- ☐ Remove from heat; stir in butter, lemon zest and lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:0.35260868720386%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 1.99g (3.06%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 18.18g (6.61%), Sugar: 16.8g (18.66%), Cholesterol: 5.02mg (1.67%), Sodium: 65.79mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin C: 2.37mg (2.87%), Vitamin A: 58.86IU (1.18%)