



Lemon-Thyme Curd Filling



Vegetarian



Gluten Free



Low Fod Map

READY IN



505 min.

SERVINGS



20

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter cold cut into pieces
- ☐ 3 egg yolk
- ☐ 4 large eggs
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

☐ 1 vanilla pod split

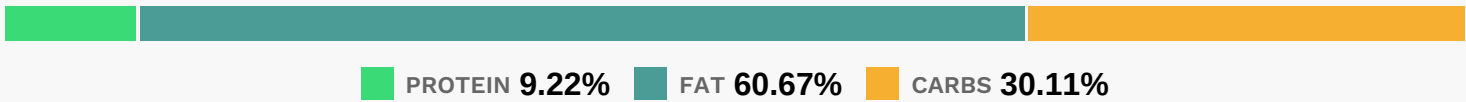
Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler

Directions

- ☐ Pour water to depth of 1 inch into bottom of a double boiler over medium-high heat; bring to a boil. Reduce heat to medium-low, and simmer.
- ☐ Whisk eggs and egg yolks in top of double boiler off of heat; whisk in sugar and next 3 ingredients. Scrape out vanilla bean seeds into egg mixture, and whisk until blended.
- ☐ Place top of double boiler over simmering water. Cook, whisking constantly, 10 minutes or until mixture thickens.
- ☐ Remove top of double boiler from simmering water, and add butter and salt, whisking until butter is melted.
- ☐ Place plastic wrap directly on warm curd (to prevent a film from forming), and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.8408695640771%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 74.62kcal (3.73%), Fat: 5.14g (7.91%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.65g (2.06%), Sugar: 5.22g (5.8%), Cholesterol: 75.39mg (25.13%), Sodium: 44.59mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Selenium: 4.66µg (6.66%), Vitamin A: 200.93IU

(4.02%), Vitamin C: 3.21mg (3.9%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 31.95mg (3.2%), Folate: 10.09µg (2.52%), Vitamin B5: 0.25mg (2.49%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.35µg (2.31%), Vitamin E: 0.28mg (1.89%), Vitamin B6: 0.03mg (1.53%), Iron: 0.27mg (1.5%), Zinc: 0.2mg (1.34%), Calcium: 11.51mg (1.15%)