



Lemon-Vanilla Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



97 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod split
- ☐ 1 cup water

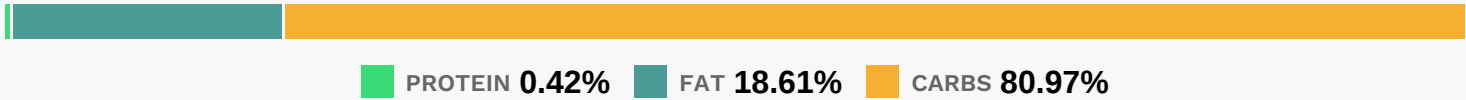
Equipment

☐ sauce pan

Directions

- ☐ Cook vanilla bean, water, sugar, cornstarch, and salt in a saucepan over medium heat, stirring until smooth and thickened.
- ☐ Stir in butter and remaining ingredients, and cook until thoroughly heated.
- ☐ Remove vanilla bean.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:0.80869564090086%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 96.98kcal (4.85%), Fat: 2.1g (3.23%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 20.24g (7.36%), Sugar: 17.06g (18.95%), Cholesterol: 0mg (0%), Sodium: 73.08mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Vitamin C: 7.83mg (9.49%), Vitamin A: 85.28IU (1.71%), Fiber: 0.28g (1.11%)