

Lemony Fruit Dip



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



14

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 1 large eggs
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

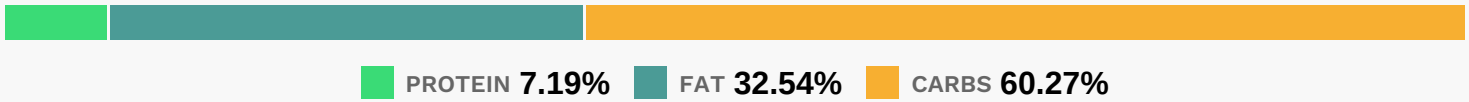
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 2 tablespoons sugar, egg, and lemon juice in a small bowl; stir well with a whisk.
- ☐ Combine remaining 2 tablespoons sugar, water, and cornstarch in a small saucepan; bring to a boil. Cook 30 seconds or until thickened, stirring constantly.
- ☐ Remove from heat. Slowly pour beaten egg mixture into water mixture, stirring constantly. Cook over medium heat 2 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in vanilla. Cool completely. Fold in whipped topping.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:0.5752173944012%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg 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: 38.67kcal (1.93%), Fat: 1.41g (2.17%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.87g (2.13%), Sugar: 5.56g (6.18%), Cholesterol: 13.45mg (4.48%), Sodium: 11.16mg (0.49%), Alcohol: 0.05g (100%), Alcohol %: 0.28% (100%), Protein: 0.7g (1.4%), Selenium: 1.32µg (1.88%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 13.27mg (1.33%), Vitamin C: 1.04mg (1.26%)