



Lime and Lemon Posset



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.8 cup sugar
- ☐ 2.3 cups whipping cream

Equipment

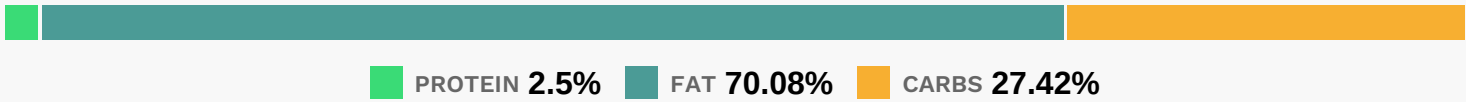
- ☐ bowl

☐ ramekin

Directions

- ☐ Bring cream and 3/4 cup sugar to boil over medium-high heat, stirring until sugar dissolves. Boil 3 minutes, stirring constantly, adjusting heat as needed to prevent mixture from boiling over.
- ☐ Remove from heat. Stir in lemon juice and lime juice and cool 10 minutes. Stir mixture again and divide among six 1/2-cup ramekins or custard cups. Cover and chill possets until set, at least 4 hours or overnight.
- ☐ Mix remaining 1 teaspoon sugar, lemon peel, and lime peel in small bowl.
- ☐ Sprinkle atop possets and serve with Lime and Lemon Friands.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:17.46, Inflammation Score:-6, Nutrition Score:4.1099999948688%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 402.86kcal (20.14%), Fat: 32.32g (49.73%), Saturated Fat: 20.53g (128.32%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 28.37g (10.32%), Sugar: 27.85g (30.94%), Cholesterol: 100.85mg (33.62%), Sodium: 24.55mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 1315.26IU (26.31%), Vitamin B2: 0.17mg (10.28%), Vitamin D: 1.43µg (9.52%), Vitamin C: 5.47mg (6.62%), Calcium: 60.86mg (6.09%), Vitamin E: 0.84mg (5.63%), Phosphorus: 53.17mg (5.32%), Selenium: 2.84µg (4.06%), Potassium: 99.74mg (2.85%), Vitamin K: 2.89µg (2.75%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.14µg (2.38%), Vitamin B6: 0.04mg (1.87%), Magnesium: 7.17mg (1.79%), Zinc: 0.23mg (1.5%), Vitamin B1: 0.02mg (1.41%), Folate: 5.64µg (1.41%)