



Lime Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter cubed
- ☐ 4 eggs yolks lightly beaten
- ☐ 1 cup juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 1 cup sugar

Equipment

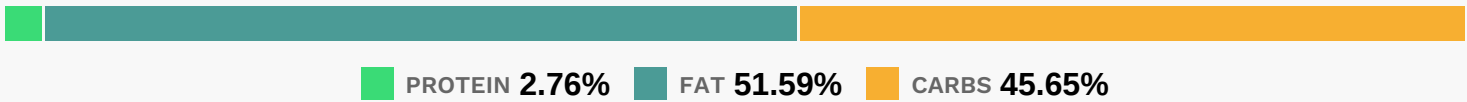
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Bring sugar, zest, and juice to a boil in a heavy nonaluminum 3 1/2-qt. saucepan over medium-high heat.
- ☐ Remove from heat, and gradually whisk about one-fourth hot juice mixture into egg yolks; add egg yolk mixture to remaining hot juice mixture, whisking constantly until well blended.
- ☐ Place saucepan over medium heat, and cook, whisking constantly, at least 10 or up to 12 minutes. (
- ☐ Mixture will be a pudding-like thickness.)
- ☐ Add butter, in 6 batches, whisking constantly until butter melts and mixture is well blended after each addition.
- ☐ Remove from heat, and pour mixture through a wire-mesh strainer into a bowl.
- ☐ Place plastic wrap directly on warm curd (to prevent a film from forming); chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:13.98, Inflammation Score:-2, Nutrition Score:2.4260869641667%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 187.79kcal (9.39%), Fat: 11.19g (17.22%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 22.17g (8.06%), Sugar: 20.43g (22.7%), Cholesterol: 102.16mg (34.05%), Sodium: 77.13mg (3.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin C: 7.43mg (9.01%), Vitamin A: 399.86IU (8%), Selenium: 4.29µg (6.13%), Phosphorus: 34.3mg (3.43%), Vitamin E: 0.5mg (3.36%), Folate: 13.32µg (3.33%), Vitamin B2: 0.05mg (2.91%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.39µg (2.59%), Vitamin B5: 0.26mg

(2.59%), Vitamin B6: 0.04mg (1.75%), Calcium: 15.8mg (1.58%), Zinc: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.3%), Iron: 0.23mg (1.3%), Potassium: 39.9mg (1.14%)