

Lime Curd Glaze



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime zest
- ☐ 0.7 cup sugar

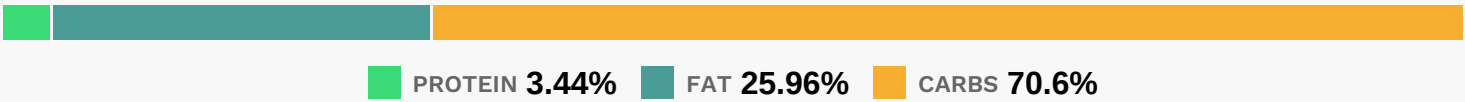
Equipment

- ☐ sauce pan

Directions

☐ Stir together first 4 ingredients in a small heavy saucepan; add egg, and stir until blended. Cook over low heat, stirring constantly, 10 to 12 minutes or until mixture thickens slightly and begins to bubble around the edges. (Cooked mixture will have a thickness similar to heavy cream.) Use immediately.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:6.21, Inflammation Score:-1, Nutrition Score:0.43304347611316%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.61kcal (2.48%), Fat: 1.48g (2.28%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 9.06g (3.29%), Sugar: 8.92g (9.91%), Cholesterol: 15.41mg (5.14%), Sodium: 13.87mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Selenium: 1.09µg (1.56%), Vitamin A: 54.12IU (1.08%), Vitamin B2: 0.02mg (1.04%)