



Meyer Lemon Cream with Graham Crackers and Sea Salt

 Vegetarian

READY IN



140 min.

SERVINGS



4

CALORIES



632 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 6 graham crackers crumbled
- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 4 servings sea salt (such as Maldon)
- ☐ 0.7 cup sugar

☐ 2 tablespoons butter unsalted cut into pieces

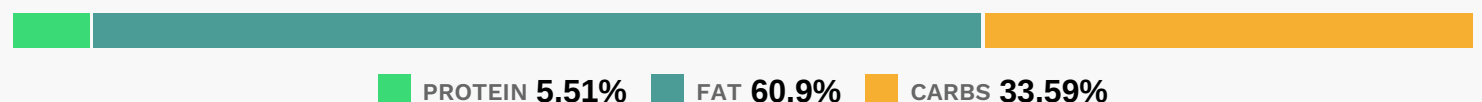
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Cook eggs, sugar, and lemon juice in a medium saucepan over medium heat, whisking constantly, until thickened (mixture should coat a spoon), 8–10 minutes.
- ☐ Transfer mixture to a blender and blend on low speed, gradually adding butter, until mixture is smooth (you're not trying to aerate the mixture, so keep blender on low speed).
- ☐ Transfer lemon curd to a medium bowl, cover, and chill at least 2 hours.
- ☐ Just before serving, whisk cream into lemon curd.
- ☐ Layer lemon cream and graham crackers in small glasses or bowls, finishing with graham crackers. Top with lemon zest and sea salt.
- ☐ DO AHEAD: Lemon curd can be made 1 week ahead. Keep chilled.
- ☐ more ideas for ... Meyer Lemon Cream
- ☐ The tart layer in this easy dessert—made by enriching lemon curd with heavy cream—is so good, you'll want to make it the base of other sweets, too. A few suggestions: Cake Slather cream on a slice of vanilla pound cake at teatime (or snack time). Tart Chill, then spoon into a prebaked tart shell, garnish with whipped mascarpone, and you've instantly got lemon cream pie. Fruit and Cream
- ☐ Layer in bowls with fresh fruit. Finish with a bit of raw sugar.
- ☐ Per serving: 520 calories, 42 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:34.58, Inflammation Score:-7, Nutrition Score:9.9817392255949%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 631.82kcal (31.59%), Fat: 43.75g (67.3%), Saturated Fat: 25.64g (160.23%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 53.36g (19.41%), Sugar: 41.66g (46.28%), Cholesterol: 255.4mg (85.13%), Sodium: 411mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin A: 1691.73IU (33.83%), Vitamin B2: 0.4mg (23.74%), Selenium: 14.5µg (20.71%), Phosphorus: 172.68mg (17.27%), Vitamin C: 13.63mg (16.52%), Vitamin D: 2.28µg (15.22%), Calcium: 101.8mg (10.18%), Vitamin E: 1.43mg (9.5%), Folate: 37.29µg (9.32%), Iron: 1.66mg (9.25%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.49µg (8.14%), Zinc: 1.13mg (7.55%), Vitamin B6: 0.13mg (6.6%), Magnesium: 25.26mg (6.32%), Potassium: 209.11mg (5.97%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 0.91mg (4.57%), Fiber: 0.91g (3.65%), Vitamin K: 3.46µg (3.29%), Copper: 0.05mg (2.63%)