



Orange Curd



Vegetarian

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READY IN

ready

20 min.

SERVINGS

servings

3

CALORIES

calories

883 kcal

SIDE DISH

Ingredients

- ☐ 4 extra large eggs at room temperature
- ☐ 0.1 teaspoon kosher salt
- ☐ 16 long stem strawberries for dipping
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 4 oranges at room temperature
- ☐ 1.5 cups sugar
- ☐ 0.3 pound butter unsalted at room temperature

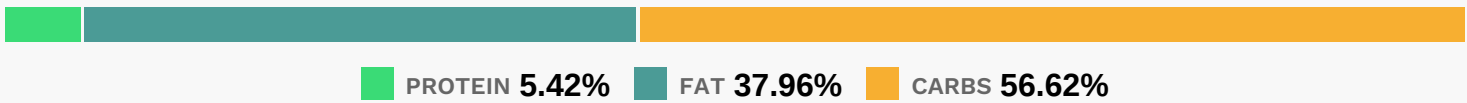
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer
- ☐ peeler
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the zest from the oranges with a vegetable peeler, being careful to avoid the white pith.
- ☐ Put the zest in the bowl of a food processor fitted with a steel blade.
- ☐ Add the sugar and pulse until the zest is very finely minced.
- ☐ Cream the butter in the bowl of an electric mixer fitted with a paddle attachment.
- ☐ Add the sugar/orange zest mixture and mix until light and fluffy.
- ☐ Add the eggs, one at a time, then add the orange juice and salt.
- ☐ Mix until combined.
- ☐ Pour the mixture into a 2-quart saucepan and cook over low heat until thickened, about 10 minutes, stirring constantly. The orange curd will be ready when it coats a spoon, and it will register about 175 degrees F on a candy thermometer. Be careful not to overcook, or it will curdle.
- ☐ Remove from the heat and let cool or refrigerate.
- ☐ Place the orange curd in a bowl and decoratively arrange the strawberries on a serving platter around the bowl.

Nutrition Facts



Properties

Glycemic Index:68.86, Glycemic Load:80.58, Inflammation Score:-9, Nutrition Score:18.575217443964%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 52.54mg, Hesperetin: 52.54mg, Hesperetin: 52.54mg, Hesperetin: 52.54mg Naringenin: 27.64mg, Naringenin: 27.64mg, Naringenin: 27.64mg, Naringenin: 27.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 883.27kcal (44.16%), Fat: 38.45g (59.16%), Saturated Fat: 21.8g (136.28%), Carbohydrates: 129.05g (43.02%), Net Carbohydrates: 124.61g (45.31%), Sugar: 120.04g (133.38%), Cholesterol: 359.03mg (119.68%), Sodium: 208.81mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.71%), Vitamin C: 113.59mg (137.68%), Selenium: 28.19µg (40.27%), Vitamin A: 1823.47IU (36.47%), Vitamin B2: 0.46mg (26.97%), Folate: 101.99µg (25.5%), Phosphorus: 198.47mg (19.85%), Fiber: 4.45g (17.78%), Vitamin B5: 1.72mg (17.24%), Vitamin B1: 0.23mg (15.05%), Potassium: 524.84mg (15%), Vitamin D: 2.06µg (13.74%), Vitamin E: 2mg (13.32%), Vitamin B6: 0.26mg (12.85%), Calcium: 127.48mg (12.75%), Vitamin B12: 0.73µg (12.15%), Iron: 1.69mg (9.4%), Copper: 0.18mg (8.95%), Magnesium: 34.56mg (8.64%), Zinc: 1.23mg (8.17%), Manganese: 0.13mg (6.25%), Vitamin B3: 0.82mg (4.1%), Vitamin K: 2.92µg (2.78%)