



Orange Filling

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 3 eggs beaten
- 1 tablespoon juice of lemon
- 0.8 cup orange juice
- 1 tablespoon orange rind grated
- 0.3 cup sugar

Equipment

- double boiler

Directions

- Combine all ingredients in top of double boiler, and bring water to a boil. Reduce heat to low; cook, stirring constantly, until thickened. Chill.

Nutrition Facts

PROTEIN 9.36% **FAT 53.59%** **CARBS 37.05%**

Properties

Glycemic Index:30.52, Glycemic Load:11.19, Inflammation Score:-5, Nutrition Score:5.9134782118642%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 194.01kcal (9.7%), Fat: 11.74g (18.06%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.99g (6.54%), Sugar: 16.6g (18.44%), Cholesterol: 122.76mg (40.92%), Sodium: 146.55mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin C: 26.76mg (32.44%), Selenium: 10.27µg (14.67%), Vitamin A: 653.31IU (13.07%), Vitamin B2: 0.17mg (10.17%), Folate: 30.76µg (7.69%), Phosphorus: 76.28mg (7.63%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.3µg (5.07%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.66µg (4.4%), Potassium: 150.24mg (4.29%), Vitamin B6: 0.08mg (4%), Vitamin B1: 0.06mg (3.92%), Iron: 0.69mg (3.84%), Zinc: 0.46mg (3.04%), Calcium: 29.51mg (2.95%), Magnesium: 9.94mg (2.49%), Copper: 0.05mg (2.35%), Vitamin B3: 0.23mg (1.15%), Fiber: 0.26g (1.05%)