

Pineapple Curd

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 3 large eggs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup pineapple juice
- ☐ 32 servings rye flakes
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

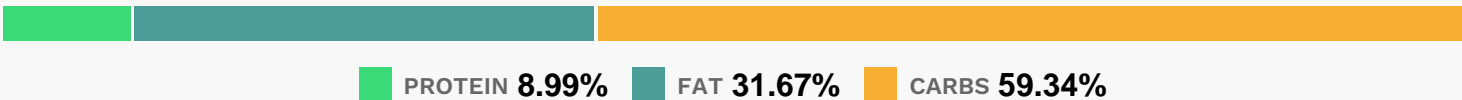
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the first 3 ingredients in a medium, heavy saucepan, stirring with a whisk. Stir in juices and eggs; bring to a boil over medium heat, stirring constantly with a whisk. Reduce heat, and simmer 1 minute or until thick, stirring constantly.
- ☐ Remove from heat; add butter, stirring gently until butter melts.Spoon mixture into a medium bowl; cool. Cover and chill for at least 6 hours or overnight (the mixture will thicken as it cools).

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.1026086923869%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 33.32kcal (1.67%), Fat: 1.2g (1.85%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.83g (1.76%), Sugar: 3.91g (4.34%), Cholesterol: 19.32mg (6.44%), Sodium: 21.59mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.11mg (5.29%), Selenium: 1.99µg (2.85%), Phosphorus: 16.51mg (1.65%), Vitamin B2: 0.03mg (1.59%), Vitamin C: 1.1mg (1.33%)