



Pineapple Curd

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



30 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
- 0.1 teaspoon salt
- 0.5 cup sugar

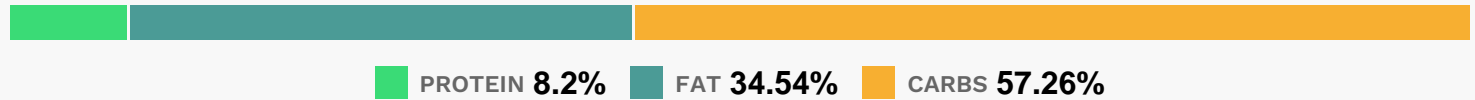
Equipment

- 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:0.72130434506613%

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: 30.08kcal (1.5%), Fat: 1.18g (1.81%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.9g (4.33%), Cholesterol: 19.32mg (6.44%), Sodium: 21.58mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Selenium: 1.48µg (2.12%), Manganese: 0.04mg (1.94%), Vitamin B2: 0.02mg (1.41%), Vitamin C: 1.1mg (1.33%), Phosphorus: 10.19mg (1.02%)