



## Quick and Easy Lemon Curd



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 4 eggs
- ☐ 6 lemons
- ☐ 2 cups sugar

### Equipment

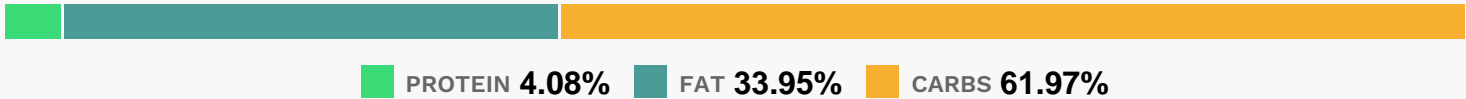
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

- ☐ plastic wrap
- ☐ hand mixer
- ☐ stove
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Step One: Grate zest from lemons to equal 2 Tbsp.
- ☐ Cut lemons in half; squeeze juice into a measuring cup to equal 1 cup.
- ☐ Step Two: Beat butter and sugar at medium speed with an electric mixer until blended.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition. Gradually add lemon juice to butter mixture, beating at low speed just until blended after each addition; stir in zest. (
- ☐ Mixture will look curdled.)
- ☐ Transfer to a 3-qt. microwave-safe bowl.
- ☐ Step Three: Microwave at HIGH 5 minutes, stirring at 1-minute intervals. Microwave, stirring at 30-second intervals, 1 to 2 more minutes or until mixture thickens, coats the back of a spoon, and starts to mound slightly when stirred.
- ☐ Place heavy-duty plastic wrap directly on warm curd (to prevent a film from forming), and chill 4 hours or until firm. Store in an airtight container in refrigerator up to 2 weeks.
- ☐ Stove-Top Method: Prepare as directed through Step 2, transferring mixture to a heavy 4-qt. saucepan. Cook over medium-low heat, whisking constantly, 14 to 16 minutes. Proceed as directed in Step

## Nutrition Facts



## Properties

Glycemic Index:18.2, Glycemic Load:36.26, Inflammation Score:-5, Nutrition Score:6.4186956519666%

## Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg,

Naringenin: 0.45mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 349.17kcal (17.46%), Fat: 14g (21.54%), Saturated Fat: 8.01g (50.08%), Carbohydrates: 57.52g (19.17%), Net Carbohydrates: 55.25g (20.09%), Sugar: 52.01g (57.79%), Cholesterol: 112.34mg (37.45%), Sodium: 124.59mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Vitamin C: 42.93mg (52.04%), Selenium: 7.52µg (10.74%), Vitamin A: 491.17IU (9.82%), Fiber: 2.27g (9.07%), Vitamin B2: 0.13mg (7.71%), Phosphorus: 59.92mg (5.99%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.51mg (5.07%), Iron: 0.9mg (4.99%), Folate: 19.68µg (4.92%), Vitamin E: 0.68mg (4.54%), Potassium: 146.54mg (4.19%), Calcium: 37.28mg (3.73%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.79%), Copper: 0.05mg (2.47%), Magnesium: 9.4mg (2.35%), Zinc: 0.35mg (2.33%), Manganese: 0.03mg (1.62%), Vitamin K: 1.06µg (1.01%)