



Quick Lemon Cottage Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



2253 kcal

Ingredients

- 1 cup lemon curd
- 1 lemon zest
- 4 servings mint sprigs for garnish, optional
- 4 inch round cake
- 1 pint raspberries fresh
- 3 tablespoons water

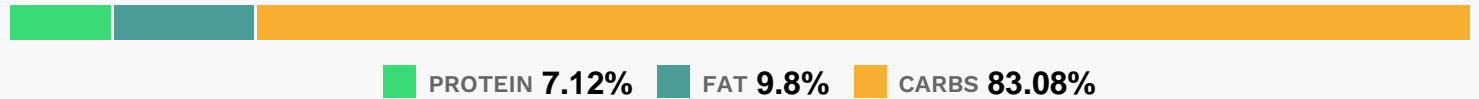
Equipment

- sauce pan

Directions

- Heat lemon curd, water and lemon zest in a small saucepan over medium low heat. When curd bubbles and becomes a smooth, glossy sauce, remove from heat. Arrange a slices of pound cake on 4 dessert plates.
- Pour warm lemon sauce down over each slice of cake to glaze. Top lemon cottage cake with fresh raspberries and mint sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:49.329565504323%

Flavonoids

Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 2253.19kcal (112.66%), Fat: 24.61g (37.86%), Saturated Fat: 8.89g (55.58%), Carbohydrates: 469.44g (156.48%), Net Carbohydrates: 457.94g (166.53%), Sugar: 292.42g (324.91%), Cholesterol: 703.8mg (234.6%), Sodium: 4470.35mg (194.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.42%), Vitamin B1: 1.72mg (114.42%), Manganese: 2.25mg (112.67%), Vitamin B2: 1.9mg (112.05%), Iron: 19.65mg (109.15%), Phosphorus: 980.52mg (98.05%), Selenium: 63.04µg (90.05%), Folate: 350.48µg (87.62%), Vitamin B3: 14.05mg (70.24%), Calcium: 517.35mg (51.74%), Fiber: 11.49g (45.96%), Vitamin C: 33.25mg (40.3%), Vitamin B5: 3.7mg (36.96%), Vitamin B12: 1.66µg (27.6%), Copper: 0.54mg (27.04%), Zinc: 4.03mg (26.88%), Magnesium: 103.06mg (25.77%), Potassium: 869.81mg (24.85%), Vitamin A: 1144.87IU (22.9%), Vitamin B6: 0.43mg (21.39%), Vitamin E: 2.69mg (17.93%), Vitamin K: 10.61µg (10.1%), Vitamin D: 1.38µg (9.2%)