

Swedish Lemon Cream

 Gluten Free

READY IN



135 min.

SERVINGS



1

CALORIES



5457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 envelopes gelatin powder unflavored
- 0.8 cup juice of lemon
- 2 tablespoons lemon zest grated
- 20 ounces karo syrup frozen thawed
- 0.3 cup sugar
- 0.5 cup sugar
- 0.5 cup water boiling
- 4 cups whipping cream (heavy)

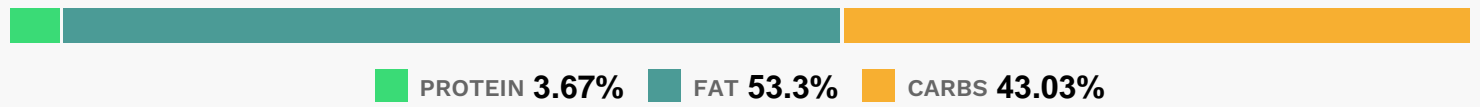
Equipment

- bowl
- hand mixer

Directions

- Lightly brush 8-cup mold with vegetable oil.
- Sprinkle gelatin over lemon juice in large bowl to soften. Gradually stir in boiling water until gelatin is dissolved. Stir in 1/2 cup sugar and the lemon peel.
- Beat whipping cream and 1/3 cup sugar in chilled large bowl with electric mixer on high speed until soft peaks form. Fold lemon mixture into whipped cream. Spoon into mold. Cover and refrigerate about 2 hours or until firm.
- Serve with raspberries.

Nutrition Facts



Properties

Glycemic Index:140.18, Glycemic Load:116.35, Inflammation Score:-10, Nutrition Score:40.152173778285%

Flavonoids

Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 5456.78kcal (272.84%), Fat: 344.69g (530.3%), Saturated Fat: 219.05g (1369.05%), Carbohydrates: 626.08g (208.69%), Net Carbohydrates: 624.26g (227%), Sugar: 536.72g (596.35%), Cholesterol: 1075.76mg (358.59%), Sodium: 697.17mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.34g (106.67%), Vitamin A: 14011.38IU (280.23%), Vitamin C: 92.01mg (111.53%), Vitamin B2: 1.89mg (111.22%), Calcium: 1046.31mg (104.63%), Vitamin D: 15.23µg (101.55%), Vitamin E: 9.06mg (60.42%), Phosphorus: 573.7mg (57.37%), Selenium: 35.36µg (50.51%), Potassium: 1117.66mg (31.93%), Vitamin K: 30.46µg (29.01%), Vitamin B5: 2.72mg (27.23%), Vitamin B12: 1.52µg (25.39%), Copper: 0.48mg (23.91%), Vitamin B6: 0.44mg (21.95%), Magnesium: 83.68mg (20.92%), Folate: 80.44µg (20.11%), Zinc: 2.45mg (16.36%), Vitamin B1: 0.25mg (16.33%), Iron: 1.43mg (7.96%), Fiber:

1.82g (7.28%), Vitamin B3: 0.84mg (4.18%), Manganese: 0.05mg (2.64%)