



Swedish Lemon Cream

 Gluten Free

READY IN



135 min.

SERVINGS



1

CALORIES



5072 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 water boiling
- 4 cups whipping cream (heavy)

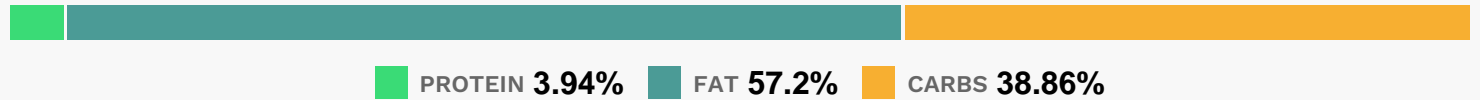
Equipment

- 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:70.09, Glycemic Load:46.54, Inflammation Score:-10, Nutrition Score:40.073912910793%

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: 5071.78kcal (253.59%), Fat: 344.37g (529.81%), Saturated Fat: 219.05g (1369.05%), Carbohydrates: 526.48g (175.49%), Net Carbohydrates: 524.66g (190.78%), Sugar: 436.92g (485.46%), Cholesterol: 1075.76mg (358.59%), Sodium: 696.17mg (30.27%), 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: 1.87mg (110.1%), Calcium: 1045.31mg (104.53%), Vitamin D: 15.23µg (101.55%), Vitamin E: 9.06mg (60.42%), Phosphorus: 573.7mg (57.37%), Selenium: 34.76µg (49.65%), Potassium: 1115.66mg (31.88%), Vitamin K: 30.46µg (29.01%), Vitamin B5: 2.72mg (27.23%), Vitamin B12: 1.52µg (25.39%), Copper: 0.47mg (23.56%), Vitamin B6: 0.44mg (21.95%), Magnesium: 83.68mg (20.92%), Folate: 80.44µg (20.11%), Vitamin B1: 0.25mg (16.33%), Zinc: 2.44mg (16.3%), Iron: 1.38mg (7.68%), Fiber: 1.82g (7.28%), Vitamin B3: 0.84mg (4.18%), Manganese: 0.05mg (2.44%)