

Lemon Cream Dessert Filling

Southern Living - 1987 Annual Recipes

Yield: 1 cup

4 egg yolks

2/3 cup sugar

3 to 4 tablespoons lemon juice

1/2 cup butter or margarine, cut into pieces

In a saucepan, combine the egg yolks, sugar, lemon juice and butter.

Cook over medium heat, stirring constantly, until the mixture thickens (about 10 minutes).

Let cool.

Per Serving (excluding unknown items): 1745 Calories; 112g Fat (54.5% calories from fat); 15g Protein; 196g Carbohydrate; 3g Dietary Fiber; 1099mg Cholesterol; 974mg Sodium. Exchanges: 1 Lean Meat; 4 1/2 Fruit; 21 1/2 Fat; 9 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1745
% Calories from Fat:	54.5%
% Calories from Carbohydrates:	42.3%
% Calories from Protein:	3.2%
Total Fat (g):	112g
Saturated Fat (g):	64g
Monounsaturated Fat (g):	34g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	1099mg
Carbohydrate (g):	196g
Dietary Fiber (g):	3g
Protein (g):	15g
Sodium (mg):	974mg
Potassium (mg):	1002mg
Calcium (mg):	171mg
Iron (mg):	3mg
Zinc (mg):	2mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	194mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	21 1/2
Other Carbohydrates:	9

Vitamin C (mg): 337mg
Vitamin A (i.u.): 4906IU
Vitamin A (r.e.): 1261RE

Nutrition Facts

Amount Per Serving

Calories 1745 Calories from Fat: 951

% Daily Values*

Total Fat	112g	173%
Saturated Fat	64g	318%
Cholesterol	1099mg	366%
Sodium	974mg	41%
Total Carbohydrates	196g	65%
Dietary Fiber	3g	12%
Protein	15g	
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Vitamin A		98%
Vitamin C		561%
Calcium		17%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.