



Aunt Mariah's Lemon Sponge Cups

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 1 lemon zest juiced
- ☐ 1.5 cups milk
- ☐ 1 pinch salt
- ☐ 1 cup sugar white

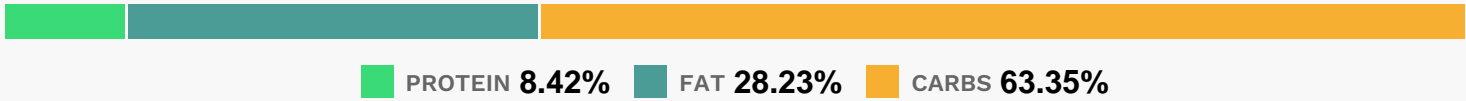
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Beat butter in a large bowl until smooth and creamy; stir sugar, flour, lemon zest, lemon juice, and salt into butter. Beat egg yolks in a separate bowl until smooth; stir milk into egg yolks. Slowly mix egg yolk mixture into lemon mixture until thoroughly combined.
- ☐ Beat egg whites in a glass or metal bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks. Gently fold egg whites into batter. Spoon batter into 6 individual ramekins or souffle cups.
- ☐ Place filled cups into a large baking dish and pour enough hot water into dish to reach partway up the ramekins.
- ☐ Bake in the preheated oven until desserts separate into a custard layer on bottom and a lightly browned sponge cake layer on top, about 45 minutes.
- ☐ Let stand about 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:27.23, Inflammation Score:-2, Nutrition Score:5.0534782591073%

Nutrients (% of daily need)

Calories: 249.28kcal (12.46%), Fat: 7.99g (12.29%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 40.1g (14.58%), Sugar: 36.34g (40.38%), Cholesterol: 99.19mg (33.06%), Sodium: 91.38mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Selenium: 9.93µg (14.19%), Vitamin B2: 0.22mg (12.89%), Phosphorus: 112.04mg (11.2%), Calcium: 90.93mg (9.09%), Vitamin B12: 0.53µg (8.89%), Vitamin D: 1.11µg (7.41%), Vitamin A: 334.74IU (6.69%), Vitamin B5: 0.6mg (5.96%), Vitamin B1: 0.08mg (5.65%), Folate: 20.14µg (5.04%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.58mg (3.87%), Potassium: 130.82mg (3.74%), Iron: 0.65mg

(3.62%), Magnesium: 11.35mg (2.84%), Vitamin E: 0.38mg (2.5%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.39mg (1.97%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.36%)