



Bek's Lemon Meringue Tea Cakes

READY IN



41 min.

SERVINGS



24

CALORIES



138 kcal

DESSERT

Ingredients

- 0.5 teaspoon cream of tartar
- 1 egg whites
- 6.8 ounce reg. size containers lemon pudding instant
- 18 ounce lemon cake mix
- 1 lemon zest
- 2 cups milk
- 8 ounce cool whip
- 2 tablespoons sugar

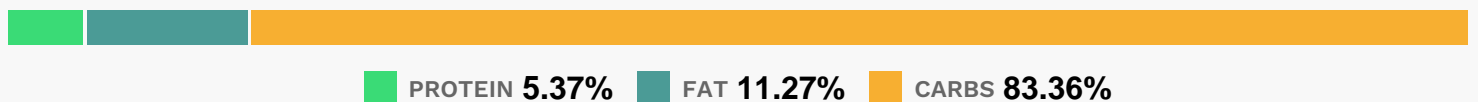
Equipment

- frying pan
- oven
- muffin tray

Directions

- Preheat oven to 350 degrees F.
- Mix the cake mix with the container of cool whip and add 1 egg white. Spray a muffin tin with nonstick spray. Scoop 1 tablespoon of mixture into each tin. Flour your hands or the back of a spoon and press dough, flattening it like a pie crust.
- Bake for 8 minutes.
- Remove from oven and allow to cool before removing from pan.
- Mix the 2 cups of milk with the 2 packages of pudding mix.
- Mixture should be thick.
- Add 1 tablespoon of pudding mix on top of each cake and spread.
- Raise temperature of oven to 425 degrees F.
- Beat the remaining 1 cup of egg whites until soft peaks form, then add sugar and cream of tartar.
- Mix until stiff peaks form. Fold in the zest of 1 lemon.
- Spread or pipe 1 tablespoon of meringue on top of each cake. Cover the top completely.
- Bake at 425 degrees F until tips are slightly golden, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:2.8121739081714%

Nutrients (% of daily need)

Calories: 138.46kcal (6.92%), Fat: 1.76g (2.71%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 28.96g (10.53%), Sugar: 12.71g (14.12%), Cholesterol: 3.95mg (1.32%), Sodium: 212.1mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Phosphorus: 93.34mg (9.33%), Vitamin B2: 0.14mg (8.44%), Calcium: 80.92mg (8.09%), Vitamin B1: 0.08mg (5.01%), Vitamin B12: 0.27µg (4.53%), Folate: 16.15µg (4.04%), Vitamin B3: 0.55mg (2.76%), Iron: 0.46mg (2.58%), Selenium: 1.65µg (2.36%), Manganese: 0.04mg (2.19%), Vitamin B6: 0.04mg (2.06%), Potassium: 63.87mg (1.82%), Vitamin B5: 0.16mg (1.59%), Vitamin D: 0.22µg (1.49%), Magnesium: 5.82mg (1.45%), Vitamin E: 0.21mg (1.43%), Fiber: 0.33g (1.31%), Zinc: 0.17mg (1.15%)