



Blackberry-Lemon Pudding Cake

READY IN



45 min.

SERVINGS



5

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blackberries
- ☐ 3 large egg whites at room temperature
- ☐ 2 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup granulated sugar
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 1 cup buttermilk low-fat
- ☐ 2 tablespoons butter melted
- ☐ 0.8 teaspoon powdered sugar
- ☐ 0.1 teaspoon salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 2/3 cup granulated sugar, salt, and nutmeg in a large bowl; add buttermilk, rind, juice, margarine, and egg yolks, stirring with a whisk until smooth.
- ☐ Beat egg whites at high speed of a mixer until foamy.
- ☐ Add 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into buttermilk mixture; gently fold in remaining egg white mixture. Fold in blackberries.
- ☐ Pour batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Place in a larger baking pan; add hot water to larger pan to depth of 1 inch.
- ☐ Bake at 350 for 35 minutes or until cake springs back when touched lightly in center.
- ☐ Sprinkle with powdered sugar.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:62.04, Glycemic Load:29.52, Inflammation Score:-5, Nutrition Score:7.5873913453973%

Flavonoids

Cyanidin: 43.18mg, Cyanidin: 43.18mg, Cyanidin: 43.18mg, Cyanidin: 43.18mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 278.45kcal (13.92%), Fat: 7.3g (11.22%), Saturated Fat: 1.94g (12.09%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 46.86g (17.04%), Sugar: 41.83g (46.48%), Cholesterol: 75.36mg (25.12%), Sodium: 219.2mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin C: 14.8mg (17.94%), Manganese: 0.33mg (16.66%), Selenium: 11.26µg (16.08%), Vitamin B2: 0.25mg (14.71%), Fiber: 2.55g (10.19%), Folate: 37.94µg (9.49%), Phosphorus: 90.88mg (9.09%), Vitamin A: 414.36IU (8.29%), Calcium: 82.75mg (8.27%), Vitamin K: 8.67µg (8.26%), Vitamin B1: 0.09mg (6.05%), Vitamin E: 0.9mg (6.01%), Potassium: 205.32mg (5.87%), Vitamin B5: 0.54mg (5.42%), Copper: 0.1mg (5.04%), Magnesium: 18.87mg (4.72%), Iron: 0.82mg (4.54%), Vitamin B12: 0.26µg (4.36%), Zinc: 0.65mg (4.32%), Vitamin B3: 0.71mg (3.56%), Vitamin B6: 0.06mg (3.19%), Vitamin D: 0.37µg (2.45%)