



Buttermilk Pudding Cake with Maple Raspberries

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 0.5 stick butter cooled melted
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 3 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 pound half-pints raspberries
- ☐ 0.3 teaspoon salt

☐ 0.7 cup sugar divided

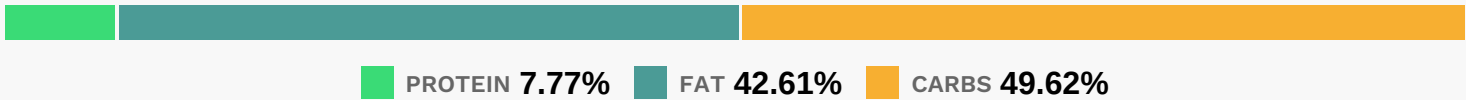
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter a 1 1/2-quart shallow baking dish.
- ☐ Whisk together flour and salt in a large bowl.
- ☐ Whisk together buttermilk, butter, yolks, and 1/3 cup sugar in a separate bowl, then stir into flour mixture.
- ☐ Beat egg whites with an electric mixer at medium speed until frothy. Increase speed to medium-high and add remaining 1/3 cup sugar, 1 tablespoon at a time, beating until whites just hold stiff peaks.
- ☐ Stir about one third of whites into batter to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Pour batter into baking dish and bake in a water bath until puffed and golden-brown, 40 to 50 minutes. Cool slightly, 10 to 15 minutes.
- ☐ Toss raspberries with maple syrup and serve with warm pudding cake.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:23.6, Inflammation Score:-4, Nutrition Score:8.0386956606222%

Nutrients (% of daily need)

Calories: 338.67kcal (16.93%), Fat: 16.25g (25%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 42.43g (15.43%), Sugar: 37.17g (41.3%), Cholesterol: 132.34mg (44.11%), Sodium: 273.94mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Vitamin B2: 0.54mg (31.74%), Manganese: 0.46mg (22.88%), Selenium: 12.85µg (18.36%), Calcium: 138.6mg (13.86%), Phosphorus: 138.63mg (13.86%), Vitamin A: 592.13IU (11.84%), Vitamin B12: 0.56µg (9.26%), Vitamin D: 1.19µg (7.96%), Vitamin B5: 0.73mg (7.28%), Vitamin B1: 0.1mg (6.64%), Folate: 25.36µg (6.34%), Potassium: 204.94mg (5.86%), Zinc: 0.85mg (5.63%), Magnesium: 17.21mg (4.3%), Vitamin B6: 0.08mg (4.16%), Iron: 0.75mg (4.15%), Vitamin E: 0.62mg (4.11%), Copper: 0.04mg (2.19%), Vitamin B3: 0.43mg (2.17%), Vitamin K: 1.4µg (1.33%)