



Coagulated Curdle Cakes with Foam



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons chick pea flour
- ☐ 1 pinch ground cardamom
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest grated
- ☐ 2 tablespoons powdered egg substitute

- ☐ 2 tablespoons powdered fruit pectin
- ☐ 1 pinch salt
- ☐ 1 cup soy milk
- ☐ 0.3 cup water
- ☐ 2 tablespoons sugar white

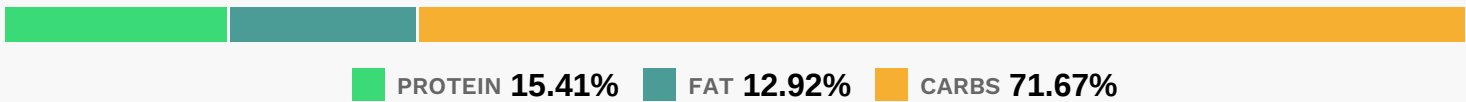
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Set out 8 (4 inch) ramekins on a baking tray.
- ☐ In a large bowl, stir together the all-purpose flour, chick pea flour, 1 cup sugar, lemon zest, cardamom, nutmeg, baking soda, and salt.
- ☐ Combine the soy milk, water and lemon juice; stir into the dry ingredients until well blended.
- ☐ In a separate large bowl, stir together the egg substitute and 1/4 cup water. Whip with an electric mixer until foamy. Gradually mix in the sugar and fruit pectin while whipping until thick. Fold the egg substitute mixture into the batter, and fill ramekins about 3/4 full with the batter.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until set and golden.

Nutrition Facts



Properties

Glycemic Index:39.31, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:4.3565217476824%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 78.09kcal (3.9%), Fat: 1.15g (1.77%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.24g (4.82%), Sugar: 4.8g (5.33%), Cholesterol: 10.01mg (3.34%), Sodium: 77.71mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin C: 8.01mg (9.71%), Folate: 35.81µg (8.95%), Vitamin B2: 0.12mg (7.28%), Selenium: 4.95µg (7.08%), Vitamin B3: 1.36mg (6.78%), Vitamin B12: 0.38µg (6.34%), Vitamin E: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.39%), Calcium: 52.46mg (5.25%), Vitamin B6: 0.1mg (4.76%), Copper: 0.09mg (4.72%), Manganese: 0.09mg (4.65%), Fiber: 1.1g (4.4%), Iron: 0.71mg (3.92%), Vitamin A: 140.21IU (2.8%), Potassium: 97.75mg (2.79%), Phosphorus: 24.29mg (2.43%), Vitamin D: 0.35µg (2.36%), Magnesium: 8.16mg (2.04%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.12mg (1.21%)