



## Creamy Lime Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

DESSERT

### Ingredients

- 1 slices blueberries fresh
- 2 tablespoons butter melted
- 0.1 teaspoon cream of tartar
- 3 large eggs separated
- 1.5 cups skim milk fat-free
- 0.3 cup flour all-purpose
- 5 tablespoons juice of lime fresh
- 2 teaspoons lime zest grated

- 0.7 cup sugar
- 3 tablespoons sugar

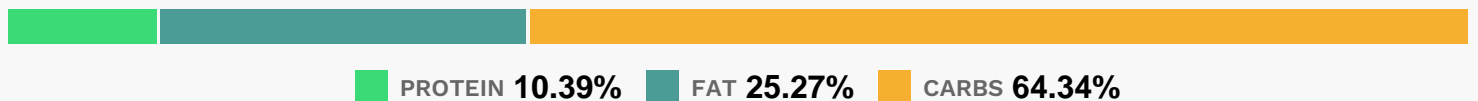
## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Coat 6 (10-ounce) custard cups evenly with cooking spray.
- Place cups in a baking pan.
- Stir together 2/3 cup sugar and next 4 ingredients in a large bowl until blended.
- Beat egg yolks at medium speed with an electric mixer until thickened and pale.
- Add 1 1/2 cups milk, beating until blended. Stir in sugar mixture, beating until blended.
- Beat egg whites at medium speed with an electric mixer until foamy.
- Add cream of tartar, beating until soft peaks form.
- Add 3 tablespoons sugar, and beat until stiff. Gently fold into egg yolk mixture. Spoon batter evenly into prepared custard cups, filling three-fourths full. Fill baking pan with hot water to a 1-inch depth.
- Bake at 350 for 30 minutes or until cakes are set and tops are golden.
- Remove cups to wire racks to cool.
- Serve warm or chilled.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:61.74, Glycemic Load:23.6, Inflammation Score:-3, Nutrition Score:5.6760869026184%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 221.23kcal (11.06%), Fat: 6.36g (9.79%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 36.23g (13.18%), Sugar: 31.61g (35.12%), Cholesterol: 104.87mg (34.96%), Sodium: 91.3mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Selenium: 10.9µg (15.57%), Vitamin B2: 0.23mg (13.48%), Phosphorus: 123.68mg (12.37%), Calcium: 99.02mg (9.9%), Vitamin B12: 0.59µg (9.76%), Vitamin D: 1.17µg (7.83%), Vitamin A: 383.24IU (7.66%), Vitamin B5: 0.65mg (6.47%), Folate: 23.96µg (5.99%), Vitamin B1: 0.09mg (5.92%), Potassium: 169.79mg (4.85%), Vitamin C: 3.96mg (4.8%), Zinc: 0.65mg (4.35%), Vitamin B6: 0.09mg (4.28%), Iron: 0.71mg (3.96%), Magnesium: 12.64mg (3.16%), Vitamin E: 0.4mg (2.69%), Manganese: 0.05mg (2.42%), Vitamin B3: 0.42mg (2.1%), Copper: 0.03mg (1.64%)