



Fastest ever lemon pudding

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 100 g sugar
- ☐ 100 g butter softened
- ☐ 100 g self raising flour
- ☐ 2 eggs
- ☐ 1 lemon zest
- ☐ 1 tsp vanilla essence
- ☐ 4 tbsp lemon curd
- ☐ 4 servings crème fraîche

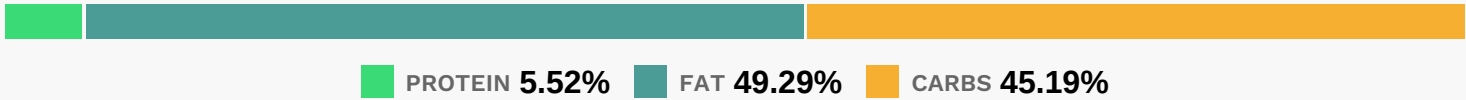
Equipment

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Mix the sugar, butter, flour, eggs, lemon zest and vanilla together until creamy, then spoon into a medium microwave-proof baking dish. Microwave on High for 3 mins, turning halfway through cooking, until risen and set all the way through. Leave to stand for 1 min.
- ☐ Meanwhile, heat the lemon curd for 30 secs in the microwave and stir until smooth.
- ☐ Pour all over the top of the pudding and serve with a dollop of crme frache or scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:29.21, Inflammation Score:-4, Nutrition Score:5.5065216499826%

Nutrients (% of daily need)

Calories: 488.35kcal (24.42%), Fat: 26.94g (41.45%), Saturated Fat: 15.93g (99.58%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 54.79g (19.93%), Sugar: 37.13g (41.25%), Cholesterol: 142.67mg (47.56%), Sodium: 253.64mg (11.03%), Alcohol: 0.36g (100%), Alcohol %: 0.35% (100%), Protein: 6.79g (13.58%), Selenium: 17.53µg (25.05%), Vitamin A: 819.56IU (16.39%), Manganese: 0.21mg (10.44%), Vitamin B2: 0.15mg (8.89%), Phosphorus: 83.17mg (8.32%), Vitamin E: 0.96mg (6.4%), Vitamin B5: 0.52mg (5.2%), Folate: 20.25µg (5.06%), Vitamin B12: 0.26µg (4.39%), Zinc: 0.57mg (3.77%), Calcium: 36.57mg (3.66%), Iron: 0.65mg (3.61%), Copper: 0.07mg (3.37%), Fiber: 0.8g (3.19%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.76%), Magnesium: 10.94mg (2.74%), Vitamin C: 2.04mg (2.48%), Potassium: 80.81mg (2.31%), Vitamin B1: 0.03mg (2.23%), Vitamin K: 2.07µg (1.97%), Vitamin B3: 0.3mg (1.49%)