



Hot Milk Cakes with Strawberries and Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 2 extra large eggs
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 1 tablespoon powdered sugar
- ☐ 1 cup self raising flour
- ☐ 1 pound strawberries hulled thinly sliced lengthwise
- ☐ 0.7 cup sugar
- ☐ 5 tablespoons butter unsalted
- ☐ 0.8 teaspoon vanilla extract divided

☐ 0.7 cup milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 425°F. Spray six 3/4-cup custard cups with nonstick spray. Using electric mixer, beat eggs in medium bowl at high speed until thick, about 3 minutes. Gradually beat in 2/3 cup sugar; beat until thick and pale yellow, about 1 minute longer. Beat in 1/2 teaspoon vanilla.
- ☐ Add flour and beat 30 seconds. Bring milk and butter just to boil in small saucepan, stirring until butter melts.
- ☐ Add hot milk mixture to batter; beat until blended and smooth, about 30 seconds. Divide batter among prepared cups.
- ☐ Place cups on rimmed baking sheet.
- ☐ Bake cakes until tops rise (tall rounded peak will form in center of each), turn pale golden, and are firm to touch, about 16 minutes. Cool in cups at least 20 minutes. DO AHEAD: Can be made 8 hours ahead. Cool completely in cups, then cover and let stand at room temperature.
- ☐ Toss strawberries and remaining 1/2 cup sugar in medium bowl to coat; let stand 20 minutes for juices to form. Using electric mixer, beat cream, powdered sugar, and remaining 1/4 teaspoon vanilla in another medium bowl until peaks form.
- ☐ Remove warm or room-temperature cakes from cups and transfer to bowls.
- ☐ Cut off rounded top of each cake. Spoon some of berries and juices over. Cover berries with tops of cakes. Spoon whipped cream over, garnish with remaining berries and juices, and serve.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:27.5, Inflammation Score:-6, Nutrition Score:9.9965216491533%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 385.63kcal (19.28%), Fat: 19.91g (30.63%), Saturated Fat: 11.71g (73.16%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 44.4g (16.15%), Sugar: 29.27g (32.52%), Cholesterol: 120.19mg (40.06%), Sodium: 44.91mg (1.95%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 6.91g (13.81%), Vitamin C: 44.57mg (54.03%), Manganese: 0.47mg (23.29%), Selenium: 15.67µg (22.39%), Vitamin A: 737.31IU (14.75%), Phosphorus: 117.03mg (11.7%), Vitamin B2: 0.2mg (11.65%), Folate: 34.94µg (8.73%), Fiber: 2.01g (8.05%), Vitamin D: 1.16µg (7.76%), Calcium: 75.2mg (7.52%), Potassium: 225.78mg (6.45%), Vitamin E: 0.97mg (6.44%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.36µg (6.07%), Magnesium: 22.21mg (5.55%), Vitamin B6: 0.1mg (4.95%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.7%), Zinc: 0.7mg (4.64%), Vitamin B1: 0.06mg (4.14%), Vitamin K: 3.31µg (3.16%), Vitamin B3: 0.56mg (2.81%)