



## Hot Toddy Pudding Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



6

CALORIES



249 kcal

DESSERT

### Ingredients

- ☐ 3 large eggs separated at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons mild honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup scotch
- ☐ 0.3 cup sugar

- ☐ 0.5 stick butter    unsalted cooled melted
- ☐ 1 cup milk    whole

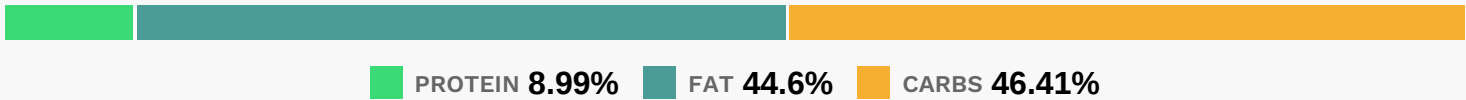
## Equipment

- ☐ 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 milk, lemon juice, Scotch (if using), butter, honey, zest, and yolks, then stir into flour mixture.
- ☐ Beat whites with an electric mixer at medium speed until frothy. Increase speed to medium-high and add sugar, 1 tablespoon at a time, beating until whites just hold stiff peaks.
- ☐ Stir about one third of whites into flour mixture 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, 45 to 50 minutes.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:41.73, Glycemic Load:15.87, Inflammation Score:-3, Nutrition Score:5.2991304190263%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 249.05kcal (12.45%), Fat: 11.44g (17.6%), Saturated Fat: 6.39g (39.94%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 26.54g (9.65%), Sugar: 22.14g (24.6%), Cholesterol: 118.13mg (39.38%), Sodium: 149.68mg (6.51%), Alcohol: 3.54g (100%), Alcohol %: 3.56% (100%), Protein: 5.19g (10.37%), Selenium: 10.47µg (14.96%), Vitamin B2: 0.21mg (12.22%), Phosphorus: 100.3mg (10.03%), Vitamin A: 437.18IU (8.74%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 1.09µg (7.26%), Vitamin C: 5.73mg (6.94%), Calcium: 69.12mg (6.91%), Folate: 24.53µg (6.13%), Vitamin B5: 0.59mg (5.94%), Vitamin B1: 0.08mg (5.22%), Iron: 0.75mg (4.15%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.57mg (3.79%), Potassium: 123.63mg (3.53%), Vitamin E: 0.53mg (3.5%), Manganese: 0.06mg (2.8%), Magnesium: 10.29mg (2.57%), Vitamin B3: 0.4mg (2.02%), Copper: 0.04mg (1.79%)