



Lemon-Blueberry Pudding Cake

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



231 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 2 tablespoons butter cooled melted
- 1 tablespoon confectioners' sugar
- 3 large eggs separated
- 0.3 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.5 cup juice of lemon
- 2 teaspoons lemon zest grated

- 1 cup buttermilk low-fat
- 0.3 teaspoon salt

Equipment

- bowl
- oven
- whisk
- baking pan
- roasting pan

Directions

- Preheat oven to 325F. Butter a 2-quart souffl dish. In a bowl, whisk together egg yolks, butter, buttermilk, lemon zest and juice.
- Add sugar, flour and salt and whisk until smooth.
- Beat egg whites until firm peaks form. Fold one-quarter of beaten egg whites into lemon mixture, then gently fold in remaining whites.
- Pour batter into baking dish; transfer dish to a large roasting pan.
- Pour enough hot water into roasting pan to reach halfway up sides of baking dish.
- Sprinkle blueberries over pudding.
- Bake until top is puffed and light brown, about 45 minutes.
- Remove from water bath and let cool 10 minutes.
- Sprinkle with confectioners' sugar and serve.

Nutrition Facts



PROTEIN 9.21% **FAT 25.91%** **CARBS 64.88%**

Properties

Glycemic Index:39.18, Glycemic Load:22.48, Inflammation Score:-3, Nutrition Score:6.0621739677761%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 230.77kcal (11.54%), Fat: 6.87g (10.57%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 37.8g (13.75%), Sugar: 31.28g (34.76%), Cholesterol: 104.63mg (34.88%), Sodium: 222.51mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Selenium: 11.08µg (15.83%), Vitamin C: 11.52mg (13.97%), Vitamin B2: 0.23mg (13.56%), Phosphorus: 98.39mg (9.84%), Folate: 32.23µg (8.06%), Manganese: 0.14mg (7.09%), Calcium: 66.48mg (6.65%), Vitamin B1: 0.09mg (6.18%), Vitamin B5: 0.59mg (5.88%), Vitamin A: 285.29IU (5.71%), Vitamin B12: 0.32µg (5.31%), Vitamin K: 5.22µg (4.97%), Iron: 0.89mg (4.92%), Potassium: 145mg (4.14%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.6mg (3.98%), Vitamin E: 0.57mg (3.78%), Fiber: 0.91g (3.64%), Vitamin D: 0.5µg (3.33%), Magnesium: 11.82mg (2.96%), Vitamin B3: 0.58mg (2.89%), Copper: 0.05mg (2.61%)