



Lemon Charlotte Russe

READY IN



45 min.

SERVINGS



12

CALORIES



277 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 4 eggs separated
- 1 envelope gelatin powder unflavored
- 14 ladyfingers split
- 0.5 cup juice of lemon
- 1.5 teaspoons lemon rind grated
- 0.1 teaspoon salt
- 1.5 cups sugar divided
- 12 servings whipped cream sweetened

- 1 teaspoon vanilla extract
- 1 cup whipping cream

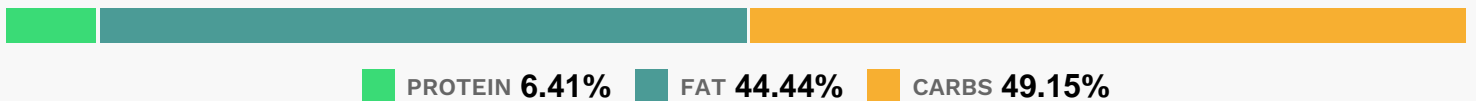
Equipment

- frying pan
- double boiler
- springform pan

Directions

- Combine gelatin and 1 cup sugar in top of a double boiler; mix well. Stir in egg yolks, lemon juice, and salt. Cook over boiling water, stirring constantly, 10 minutes or until thickened.
- Add butter, lemon rind, and vanilla, stirring until butter melts. Chill mixture until partially thickened.
- Arrange ladyfingers around bottom and sides of a 9-inch Springform pan; set aside.
- Beat egg whites (at room temperature) until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time; beat until stiff peaks form. Fold egg whites and whipped cream into gelatin mixture. Spoon into pan. Cover; chill 4 hours.
- To serve, remove sides of Springform pan.
- Garnish with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:17.86, Inflammation Score:-4, Nutrition Score:4.0026086983473%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 277.35kcal (13.87%), Fat: 13.98g (21.51%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 34.61g (12.59%), Sugar: 26.37g (29.3%), Cholesterol: 109.89mg (36.63%), Sodium: 104.3mg (4.53%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.53g (9.07%), Vitamin A: 609.13IU (12.18%), Vitamin B2: 0.17mg (10.15%), Selenium: 5.57µg (7.96%), Phosphorus: 69.98mg (7%), Vitamin C: 4.38mg (5.31%), Folate: 20.02µg (5.01%), Vitamin B12: 0.28µg (4.66%), Vitamin B5: 0.45mg (4.55%), Iron: 0.77mg (4.27%), Vitamin D: 0.63µg (4.23%), Calcium: 36.01mg (3.6%), Vitamin B1: 0.05mg (3.44%), Vitamin E: 0.5mg (3.33%), Vitamin B6: 0.06mg (2.78%), Zinc: 0.41mg (2.77%), Potassium: 75.84mg (2.17%), Copper: 0.04mg (2.1%), Manganese: 0.04mg (1.94%), Magnesium: 6.27mg (1.57%), Vitamin B3: 0.31mg (1.55%)