



Lemon Custard Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 4 eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons lemon zest grated
- ☐ 1.5 cups milk
- ☐ 2 cups sugar white

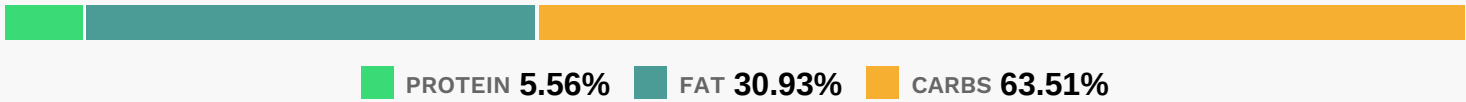
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 2 quart baking dish. Separate the eggs.
- ☐ In a large bowl, combine the flour, butter and 1 1/2 cups of the white sugar.
- ☐ Beat the egg yolks and add to the sugar mixture along with the milk and lemon zest.
- ☐ Mix well and add the lemon juice.
- ☐ In another bowl beat egg whites until stiff, slowly adding the remaining 1/2 cup white sugar. Fold the egg whites into the batter.
- ☐ Pour batter into the prepared dish.
- ☐ Place the dish in a shallow pan of hot water and bake at 350 degrees F (175 degrees C) for 55 to 60 minutes or until lightly browned.
- ☐ Serve warm or chilled with confectioners' sugar dusted on top.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:15.53, Inflammation Score:-1, Nutrition Score:1.9943478237028%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 139.41kcal (6.97%), Fat: 4.92g (7.57%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.62g (8.23%), Sugar: 20.94g (23.26%), Cholesterol: 43.96mg (14.65%), Sodium: 46.74mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Selenium: 3.98µg (5.68%), Vitamin B2:

0.08mg (4.85%), Phosphorus: 39.52mg (3.95%), Vitamin A: 182.44IU (3.65%), Vitamin B12: 0.18µg (3.07%), Calcium: 29.68mg (2.97%), Vitamin D: 0.38µg (2.52%), Vitamin B5: 0.22mg (2.21%), Folate: 8.74µg (2.18%), Vitamin B1: 0.03mg (2.15%), Iron: 0.27mg (1.52%), Vitamin B6: 0.03mg (1.44%), Vitamin C: 1.16mg (1.41%), Zinc: 0.21mg (1.41%), Vitamin E: 0.2mg (1.36%), Potassium: 45.67mg (1.3%)