

Lemon Delicious

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- 0.3 cup self raising flour
- 0.3 cup sugar (reduced to 50g)
- 40 g butter melted
- 2 lemon zest (I only used one large lemon)
- 40 ml juice of lemon
- 2 egg yolk lightly beaten
- 0.8 cup milk fresh
- 2 egg whites

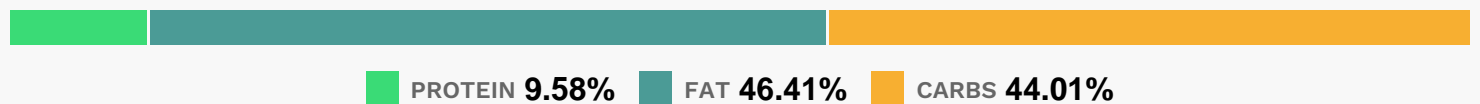
Equipment

- bowl
- oven
- whisk
- mixing bowl
- blender
- ramekin
- hand mixer
- cake form

Directions

- Preheat oven to 180C. Lightly grease 4 ramekins (you can use a smaller ramekins)
- Place flour, sugar and lemon zest in a large mixing bowl and whisk to combine. Make a well in the centre and pour in lemon juice and melted butter. Stir to combine, add egg yolks and mix well. Stir in milk.
- In a separate clean small bowl of an electric mixer (I used my Kitchen Aid mixer), whisk egg whites until stiff. Fold egg whites into batter and divide mixture evenly between ramekins.
- Place ramekins in a large roasting dish (I used a square cake pan), filled with cold water to come halfway up the sides of the ramekins and bake for 30-35 minutes until golden.
- Good to serve warm.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:16.12, Inflammation Score:-3, Nutrition Score:5.2365217391304%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg 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: 231.98kcal (11.6%), Fat: 12.2g (18.77%), Saturated Fat: 6.87g (42.97%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.5g (9.27%), Sugar: 19.41g (21.56%), Cholesterol: 124.19mg (41.4%), Sodium: 111.51mg (4.85%), Protein: 5.67g (11.34%), Selenium: 12.24µg (17.49%), Vitamin B2: 0.19mg (11.28%), Vitamin C: 7.86mg (9.53%), Phosphorus: 94.72mg (9.47%), Vitamin A: 456.07IU (9.12%), Calcium: 77.31mg (7.73%), Vitamin B12: 0.45µg (7.55%), Vitamin D: 0.99µg (6.6%), Vitamin B5: 0.54mg (5.37%), Folate: 19.07µg (4.77%), Potassium: 128.85mg (3.68%), Vitamin B6: 0.07mg (3.66%), Manganese: 0.07mg (3.61%), Vitamin E: 0.54mg (3.61%), Vitamin B1: 0.05mg (3.54%), Zinc: 0.49mg (3.26%), Magnesium: 10.81mg (2.7%), Fiber: 0.54g (2.15%), Iron: 0.37mg (2.06%), Copper: 0.03mg (1.53%)