



Lemon Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

DESSERT

Ingredients

- 3 large eggs separated
- 0.3 cup flour all-purpose
- 2 large optional: lemon
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1.3 cups milk whole

Equipment

- bowl

- oven
- whisk
- baking pan
- hand mixer

Directions

- Preheat oven to 350°F.
- Finely grate 1 tablespoon zest from lemons, then squeeze 1/4 cup plus 2 tablespoons juice.
- Whisk together flour, salt, and 1/2 cup plus 2 tablespoons sugar in a large bowl.
- Whisk together yolks, milk, zest, and juice in a small bowl and add to flour mixture, whisking until just combined.
- Beat whites in another large bowl with an electric mixer until they hold soft peaks. Beat in remaining 1/4 cup sugar, a little at a time, and continue to beat until whites hold stiff, glossy peaks.
- Whisk about one fourth of whites into batter to lighten, then fold in remaining whites gently but thoroughly (batter will be thin).
- Pour into a buttered 1 1/2-quart ceramic gratin or other shallow baking dish and bake in a hot water bath (see Tips, page 15
- until puffed and golden, 45 to 50 minutes.
- Transfer to a rack.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 11.59% **FAT 19.35%** **CARBS 69.06%**

Properties

Glycemic Index:34.77, Glycemic Load:21.89, Inflammation Score:-3, Nutrition Score:6.4930434635152%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 193.93kcal (9.7%), Fat: 4.35g (6.69%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 33.79g (12.29%), Sugar: 28.56g (31.74%), Cholesterol: 99.51mg (33.17%), Sodium: 154.07mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Vitamin C: 19.08mg (23.13%), Selenium: 10.77µg (15.38%), Vitamin B2: 0.23mg (13.34%), Phosphorus: 115.65mg (11.56%), Calcium: 91.14mg (9.11%), Vitamin B12: 0.52µg (8.59%), Vitamin D: 1.1µg (7.31%), Vitamin B5: 0.68mg (6.77%), Vitamin B1: 0.1mg (6.38%), Folate: 25.24µg (6.31%), Vitamin B6: 0.11mg (5.33%), Iron: 0.91mg (5.05%), Potassium: 171.61mg (4.9%), Vitamin A: 230.76IU (4.62%), Fiber: 1.15g (4.59%), Zinc: 0.61mg (4.04%), Magnesium: 13.53mg (3.38%), Manganese: 0.06mg (2.84%), Vitamin E: 0.35mg (2.31%), Vitamin B3: 0.42mg (2.1%), Copper: 0.04mg (2.06%)