



Lemon Pudding Cake

READY IN



31 min.

SERVINGS



8

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 0.5 cup milk fat-free
- ☐ 1 optional: lemon
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 cups poached berries mixed
- ☐ 0.7 cup water boiling
- ☐ 9 ounce duncan hines classic decadent cake mix yellow (such as Jiffy)

Equipment

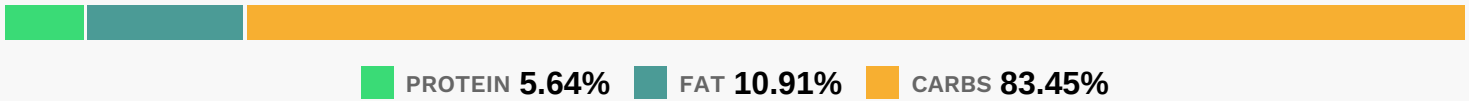
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a medium bowl. Grate rind, and squeeze juice from lemon to measure 1 teaspoon and 2 tablespoons, respectively. Stir rind and juice into batter just until blended. Spoon batter into an 8-inch square baking dish coated with cooking spray.
- ☐ Pour boiling water over batter (do not stir).
- ☐ Bake at 350 for 28 minutes.
- ☐ Remove from oven; let stand 5 minutes. Spoon cake into 8 individual serving bowls; top with berries and whipped topping, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.742173930873%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 156.03kcal (7.8%), Fat: 1.95g (3%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 31.72g (11.53%), Sugar: 18.21g (20.23%), Cholesterol: 2.97mg (0.99%), Sodium: 246.07mg (10.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Phosphorus: 126.78mg (12.68%), Calcium: 104.84mg (10.48%), Vitamin C: 8.19mg (9.93%), Fiber: 1.81g (7.23%), Vitamin B2: 0.12mg (7.02%), Vitamin K: 7.32µg (6.97%), Vitamin B1: 0.1mg (6.86%), Folate: 26.98µg (6.75%), Manganese: 0.12mg (6.12%), Vitamin B3: 0.98mg (4.88%), Iron: 0.82mg (4.55%), Vitamin E: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.43%), Potassium: 95.35mg (2.72%), Vitamin B12: 0.15µg (2.51%), Vitamin B5: 0.24mg (2.45%), Copper: 0.05mg (2.27%), Selenium: 1.58µg (2.26%), Magnesium: 8.96mg (2.24%), Zinc: 0.23mg (1.52%), Vitamin A: 75.61IU (1.51%), Vitamin D: 0.18µg (1.22%)