



Lemon Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter cooled melted
- ☐ 2 eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

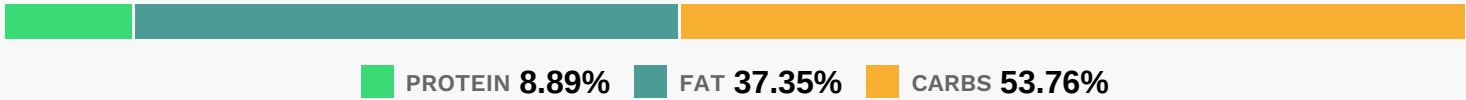
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Set 6 ramekins (6 oz. each) in a 9- by 13-in. baking pan. Set aside.
- ☐ In a large bowl, whisk together egg yolks and sugar until thick and creamy. Stir in flour, milk, butter, lemon juice, and lemon zest.
- ☐ In a large, clean bowl, whip egg whites and salt until firm (but not dry) peaks form. Stir one-quarter of beaten whites into egg yolk mixture until blended, then gently fold in remaining whites.
- ☐ Pour batter into ramekins.
- ☐ Pour enough hot water into the baking pan to come 1 in. up sides of the ramekins.
- ☐ Bake until cake layers are set and tops are lightly golden, about 30 minutes.
- ☐ Remove ramekins from water bath and let cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:13.74, Inflammation Score:-2, Nutrition Score:3.5952173613984%

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: 154.65kcal (7.73%), Fat: 6.59g (10.13%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 21.15g (7.69%), Sugar: 18.94g (21.04%), Cholesterol: 69.47mg (23.16%), Sodium: 260.43mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Selenium: 6.28µg (8.98%), Vitamin B2: 0.14mg (8.37%), Phosphorus: 74.83mg (7.48%), Calcium: 61.52mg (6.15%), Vitamin B12: 0.36µg (5.97%), Vitamin C: 4.79mg (5.81%), Vitamin A: 262.64IU (5.25%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.41mg (4.08%), Folate: 13.73µg (3.43%), Vitamin B1: 0.05mg (3.42%), Vitamin B6: 0.06mg (2.84%), Potassium: 96.95mg (2.77%), Zinc: 0.39mg (2.58%), Iron: 0.4mg (2.21%), Vitamin E: 0.3mg (2.01%), Magnesium: 8mg (2%), Manganese: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.08%)