



Lemon Pudding Cake with Cranberry Syrup

 Vegetarian

READY IN



1500 min.

SERVINGS



6

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 0.8 cup cranberries fresh frozen thawed chopped
- ☐ 3 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 1 large lemon zest finely grated
- ☐ 1 cup milk 1%
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

☐ 0.5 cup water

Equipment

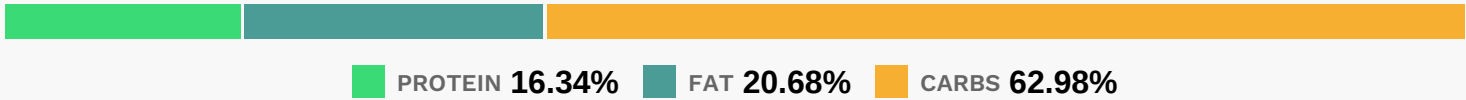
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together flour, salt, and 1/2 cup sugar in a bowl.
- ☐ Whisk together yolks, milk, zest, and juice and add to dry ingredients, whisking until combined well.
- ☐ Beat whites in a large bowl with an electric mixer until they hold soft peaks, then gradually add remaining 1/4 cup sugar, beating, 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 batter into a lightly oiled 1 1/2-quart gratin or other shallow baking dish and bake in a hot water bath until puffed and golden, 40 to 45 minutes.
- ☐ Cook sugar in a dry 1 1/2-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted and turns a deep golden caramel. Tilt pan and carefully add cranberries and water (caramel will harden and vigorously steam). Simmer over moderately low heat, stirring, until caramel is completely dissolved, then pour syrup through a very fine sieve into a heatproof bowl, pressing hard on solids.
- ☐ Serve pudding cake with syrup.

- ☐
- Syrup may be made 2 days ahead and chilled, covered.
- ☐
- Each serving contains about 220 calories and 3 grams fat.
- ☐
- Gourmet

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:5.3121739677761%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 2.89g (4.44%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 19.78g (6.6%), Net Carbohydrates: 19.05g (6.93%), Sugar: 14.04g (15.6%), Cholesterol: 94.97mg (31.66%), Sodium: 149.37mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Selenium: 10.37µg (14.81%), Vitamin B2: 0.2mg (11.9%), Phosphorus: 98.13mg (9.81%), Vitamin C: 7.88mg (9.55%), Vitamin B12: 0.46µg (7.71%), Calcium: 68.19mg (6.82%), Vitamin D: 0.93µg (6.22%), Folate: 24.82µg (6.21%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.08mg (5.23%), Manganese: 0.09mg (4.54%), Vitamin A: 220.84IU (4.42%), Vitamin B6: 0.08mg (4.15%), Iron: 0.73mg (4.07%), Zinc: 0.55mg (3.68%), Potassium: 127.33mg (3.64%), Vitamin E: 0.46mg (3.06%), Fiber: 0.73g (2.94%), Magnesium: 10.72mg (2.68%), Vitamin B3: 0.4mg (1.99%), Copper: 0.04mg (1.99%)