



Lemon Pudding Cake with Raspberry Coulis

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



313 kcal

DESSERT

Ingredients

- 1 cup percent milk
- 3 large eggs separated
- 0.3 cup flour all-purpose
- 1 teaspoon juice of lemon fresh to taste
- 5 tablespoons juice of lemon fresh
- 1 large lemon zest
- 10 ounces raspberries in syrup frozen
- 0.3 teaspoon salt

- 0.8 cup sugar
- 2 tablespoons sugar

Equipment

- food processor
- bowl
- oven
- whisk
- sieve
- blender
- baking pan
- hand mixer

Directions

- Make pudding cake: Preheat oven to 350 degrees 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.
- Make raspberry coulis while cake is baking: Puree raspberries with syrup, sugar, and lemon juice in a blender or food processor.
- Pour mixture through a fine sieve into a bowl, pressing on solids.
- Serve pudding cake with syrup.

Notes: Coulis keeps 3 days, covered and chilled. You can also make this coulis with fresh raspberries. The amounts will be slightly different: Use 2 1/2 cups fresh raspberries and 1/4cup sugar.

Nutrition Facts

 PROTEIN 7.3%  FAT 8.87%  CARBS 83.83%

Properties

Glycemic Index:35.86, Glycemic Load:23.12, Inflammation Score:-1, Nutrition Score:4.8639130708964%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 313.22kcal (15.66%), Fat: 3.34g (5.13%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 70.88g (23.63%), Net Carbohydrates: 70.59g (25.67%), Sugar: 59.54g (66.15%), Cholesterol: 96.15mg (32.05%), Sodium: 185.02mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Selenium: 10.62µg (15.17%), Vitamin B2: 0.22mg (13%), Calcium: 95.97mg (9.6%), Phosphorus: 92.5mg (9.25%), Vitamin C: 6.53mg (7.91%), Vitamin B12: 0.43µg (7.18%), Folate: 26.04µg (6.51%), Vitamin B5: 0.57mg (5.67%), Vitamin B1: 0.07mg (4.67%), Iron: 0.72mg (4.01%), Zinc: 0.56mg (3.73%), Vitamin A: 176.42IU (3.53%), Vitamin B6: 0.07mg (3.38%), Vitamin D: 0.5µg (3.33%), Potassium: 111.07mg (3.17%), Manganese: 0.05mg (2.55%), Magnesium: 9.43mg (2.36%), Vitamin E: 0.3mg (2%), Vitamin B3: 0.38mg (1.89%), Copper: 0.03mg (1.65%), Fiber: 0.29g (1.15%)