



Lemon Pudding with Strawberries and Meringue Cigars



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 1 cup heavy cream
- ☐ 0.5 cup strained lemon juice fresh
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted cut into pieces
- ☐ 3 tablespoons pistachios unsalted finely chopped (preferably not roasted)
- ☐ 1 pound if trimmed halved quartered

Equipment

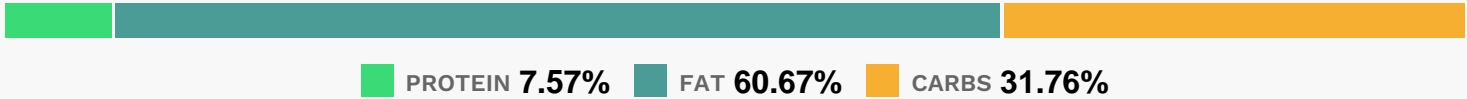
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ stand mixer
- ☐ wax paper
- ☐ pastry bag

Directions

- ☐ Heat oven to 200°F with racks in upper and lower thirds. Line baking sheets with parchment paper. Use a pencil to mark parchment with parallel lines 5 inches apart; these lines will be your guides when piping. Turn paper over.
- ☐ Beat whites with salt in stand mixer at high speed (or in a large bowl with handheld mixer) until they just hold soft peaks. Gradually add sugar, beating, and continue to beat at high speed until meringue holds stiff, glossy peaks. Secure paper to baking sheets with dabs of meringue.
- ☐ Spoon some meringue into pastry bag and pipe 5-inch-long cigars (3/4 to 1 inch wide) onto 1 baking sheet, about 1 inch apart.
- ☐ Add more meringue to pastry bag and pipe more cigars in same manner on other baking sheet.
- ☐ Sprinkle cigars generously with pistachios.

- ☐ Bake cigars in oven, switching position of sheets halfway through baking, until crisp but still white, about 2 hours.
- ☐ Turn off oven and cool meringue cigars in oven 1 hour, then transfer to wire racks to cool completely.
- ☐ Set a large fine-mesh sieve over a large bowl.
- ☐ Whisk together zest, juice, sugar, and eggs in a 2-quart heavy saucepan.
- ☐ Add butter and cook over moderately low heat, whisking frequently, until butter melts, curd is thick enough to hold marks of whisk, and first bubble appears on surface, 6 to 9 minutes.
- ☐ Immediately force lemon curd through sieve into bowl and chill curd, its surface covered with a round of wax paper, until cold, at least 1 hour.
- ☐ Beat cream and confectioners' sugar in another bowl with cleaned beaters until mixture just holds soft peaks. Fold one third of whipped cream into lemon curd to lighten, then fold in remaining cream. Divide among individual bowls and chill, covered, if not using right away.
- ☐ Top with strawberries and serve with meringue cigars.
- ☐ •Meringue cigars can be made up to 3 days ahead and stored in layers, separated by wax paper, in an airtight container. •Curd can be chilled up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:10.01, Inflammation Score:-6, Nutrition Score:9.0130433777104%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg

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Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin:
0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin:
0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 342.58kcal (17.13%), Fat: 23.86g (36.7%), Saturated Fat: 13.15g (82.19%), Carbohydrates: 28.1g (9.37%), Net
Carbohydrates: 26.29g (9.56%), Sugar: 24.48g (27.2%), Cholesterol: 125.94mg (41.98%), Sodium: 137.23mg (5.97%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin C: 40.23mg (48.76%), Vitamin A: 823.3IU
(16.47%), Selenium: 10.97µg (15.68%), Manganese: 0.3mg (14.92%), Vitamin B2: 0.25mg (14.68%), Phosphorus:
100.27mg (10.03%), Folate: 30.53µg (7.63%), Fiber: 1.8g (7.22%), Vitamin B6: 0.14mg (7%), Potassium: 243.23mg
(6.95%), Vitamin E: 1.02mg (6.82%), Vitamin D: 1.01µg (6.72%), Copper: 0.13mg (6.27%), Vitamin B5: 0.53mg
(5.27%), Magnesium: 20.76mg (5.19%), Calcium: 50.65mg (5.06%), Iron: 0.86mg (4.76%), Vitamin B1: 0.07mg
(4.72%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.55mg (3.65%), Vitamin K: 3.72µg (3.55%), Vitamin B3: 0.37mg (1.83%)