



Louise's Lemon Pudding Cake

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large eggs separated
- ☐ 1 cup granulated sugar divided (use)
- ☐ 2 tablespoons heavy cream
- ☐ 4 servings lemon zest grated
- ☐ 0.3 cup lemon juice — can use meyer canned
- ☐ 1 cup milk (I used 2 %)

- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted melted

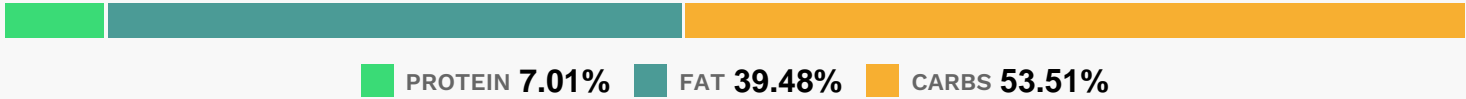
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees. Butter an 8 inch baking dish (I used glass — I'm not sure what Tony and Loise use). Have ready a roasting pan or pan large enough to hold the 8 inch pan. You will be using a water bath.Set aside 1/4 cup of the sugar and put 3/4 cup in a mixing bowl.
- ☐ Add the lemon zest and mash it around with the back of a spoon until you have a fragrant, lemony sugar.
- ☐ Add the the salt and the flour and stir until well combined.
- ☐ Add melted butter, lemon juice, and egg yolks.
- ☐ Mix until well blended. Stir in cream and milk. Set aside.In a mixing bowl, beat egg whites and cream of tartar until fluffy. Gradually add the reserved 1/4 cup sugar and beat until stiff but still moist.Fold egg white mixture into lemon mixture.
- ☐ Pour batter into the baking dish.
- ☐ Place the baking dish in the larger pan and fill the larger pan with water so that it comes about halfway up the sides (water bath).
- ☐ Bake on center rack for 40–45 minutes or until top is lightly browned.
- ☐ Serve hot or cold.
- ☐ Serves 6.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:26.87, Inflammation Score:-3, Nutrition Score:5.4178260875785%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 294.57kcal (14.73%), Fat: 13.24g (20.38%), Saturated Fat: 7.5g (46.85%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 40.2g (14.62%), Sugar: 35.83g (39.81%), Cholesterol: 123.6mg (41.2%), Sodium: 102.39mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Selenium: 10.67µg (15.24%), Vitamin B2: 0.22mg (12.77%), Phosphorus: 102.44mg (10.24%), Vitamin A: 508.5IU (10.17%), Vitamin D: 1.17µg (7.78%), Vitamin B12: 0.47µg (7.77%), Calcium: 71.7mg (7.17%), Vitamin C: 5.45mg (6.6%), Folate: 24.49µg (6.12%), Vitamin B5: 0.6mg (5.99%), Vitamin B1: 0.08mg (5.23%), Iron: 0.72mg (3.99%), Vitamin B6: 0.08mg (3.9%), Potassium: 133.23mg (3.81%), Vitamin E: 0.57mg (3.79%), Zinc: 0.56mg (3.71%), Magnesium: 10.4mg (2.6%), Manganese: 0.05mg (2.39%), Vitamin B3: 0.39mg (1.94%), Copper: 0.03mg (1.64%)