

# Meyer Lemon Budino

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

## Ingredients

- 0.3 cup flour
- 3 large eggs separated
- 2 tablespoons juice of lemon fresh
- 0.3 cup meyer lemon juice fresh
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.8 cup milk whole

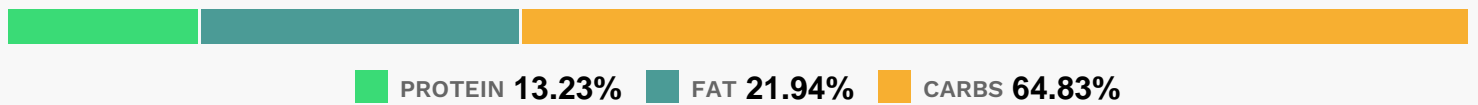
## Equipment

- bowl
- oven
- whisk
- ramekin
- hand mixer
- roasting pan

## Directions

- Preheat oven to 350°F. Butter six 3/4-cup custard cups or ramekins.
- Combine 1/2 cup sugar, egg yolks, flour, lemon juice, and lemon peel in large bowl; whisk until well blended.
- Whisk in milk.
- Using electric mixer, beat egg whites and salt in medium bowl until frothy. Gradually add remaining 2 tablespoons sugar and beat until soft peaks form. Fold beaten egg whites into lemon mixture in 2 additions. Divide mixture among prepared custard cups.
- Place custard cups in roasting pan.
- Pour enough hot water into roasting pan to come halfway up sides of custard cups.
- Bake puddings until tops are golden and spring back when lightly touched, about 30 minutes.
- Remove cups from water.
- Serve warm or cold with whipped cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:30.52, Glycemic Load:15.05, Inflammation Score:-2, Nutrition Score:4.4791304255309%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 140.51kcal (7.03%), Fat: 3.49g (5.38%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 23.04g (8.38%), Sugar: 18.59g (20.65%), Cholesterol: 96.66mg (32.22%), Sodium: 144.41mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Selenium: 10.14µg (14.48%), Vitamin B2: 0.19mg (11.03%), Phosphorus: 87.14mg (8.71%), Vitamin C: 5.87mg (7.11%), Vitamin B12: 0.39µg (6.45%), Folate: 24.31µg (6.08%), Vitamin D: 0.84µg (5.57%), Vitamin B5: 0.54mg (5.4%), Calcium: 53.43mg (5.34%), Vitamin B1: 0.07mg (4.77%), Iron: 0.7mg (3.89%), Vitamin A: 185.32IU (3.71%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.49mg (3.29%), Potassium: 101.8mg (2.91%), Manganese: 0.05mg (2.32%), Magnesium: 8.72mg (2.18%), Vitamin E: 0.3mg (2.02%), Vitamin B3: 0.37mg (1.86%), Copper: 0.03mg (1.47%)