



Meyer Lemon Budino

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 3 large eggs separated
- ☐ 2 tablespoons regular lemon juice fresh
- ☐ 2 tablespoons meyer lemon peel finely grated
- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup milk whole

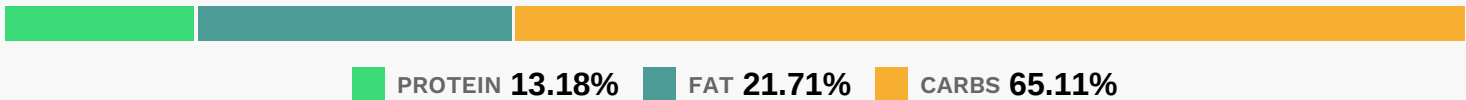
Equipment

- ☐ 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:34.77, Glycemic Load:15.13, Inflammation Score:-2, Nutrition Score:4.7113043141106%

Flavonoids

Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 141.94kcal (7.1%), Fat: 3.51g (5.4%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 23.36g (8.49%), Sugar: 18.71g (20.79%), Cholesterol: 96.66mg (32.22%), Sodium: 144.51mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Selenium: 10.16µg (14.51%), Vitamin B2: 0.19mg (11.09%), Vitamin C: 8.48mg (10.28%), Phosphorus: 87.93mg (8.79%), Vitamin B12: 0.39µg (6.45%), Folate: 24.86µg (6.21%), Vitamin D: 0.84µg (5.57%), Vitamin B5: 0.55mg (5.49%), Calcium: 54.71mg (5.47%), Vitamin B1: 0.07mg (4.91%), Iron: 0.73mg (4.06%), Vitamin A: 186.4IU (3.73%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.5mg (3.31%), Potassium: 108.6mg (3.1%), Manganese: 0.05mg (2.4%), Magnesium: 9.11mg (2.28%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.38mg (1.89%), Copper: 0.03mg (1.56%), Fiber: 0.32g (1.3%)