



Meyer Lemon Buttermilk Pudding Cake with Fresh Berries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 8 servings poached berries fresh assorted
- ☐ 1.5 cups buttermilk
- ☐ 3 large egg whites
- ☐ 4 large egg yolk
- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 0.1 teaspoon salt

- ☐ 1 cup sugar divided
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 8 servings whipping cream

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ roasting pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Butter 8x8x2-inch glass baking dish. Blend buttermilk, 1/2 cup sugar, egg yolks, lemon juice, flour, butter, and salt in blender until smooth.
- ☐ Transfer buttermilk mixture to medium bowl. Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually add remaining 1/2 cup sugar and beat until stiff but not dry. Gently fold buttermilk mixture into whites in 3 additions (batter will be runny).
- ☐ Pour batter into prepared dish.
- ☐ Place dish in roasting pan.
- ☐ Pour enough hot water into roasting pan to come halfway up sides of dish.
- ☐ Bake until entire top is evenly browned and cake moves very slightly in center but feels slightly springy to touch, about 45 minutes.
- ☐ Remove dish from roasting pan.
- ☐ Cool cake completely in baking dish on rack. Refrigerate until cold, at least 3 hours and up to 6 hours. Spoon pudding cake out into shallow bowls.
- ☐ Pour cream around cake. Top with berries.

Nutrition Facts



 **PROTEIN 7.17%**  **FAT 47.97%**  **CARBS 44.86%**

Properties

Glycemic Index:22.01, Glycemic Load:20.29, Inflammation Score:-4, Nutrition Score:5.2439130803813%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 276.78kcal (13.84%), Fat: 15.08g (23.2%), Saturated Fat: 8.77g (54.82%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 31.56g (11.48%), Sugar: 28.08g (31.19%), Cholesterol: 128.95mg (42.98%), Sodium: 113.48mg (4.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Selenium: 10.91µg (15.58%), Vitamin B2: 0.23mg (13.72%), Vitamin A: 595.66IU (11.91%), Vitamin D: 1.39µg (9.27%), Phosphorus: 88.8mg (8.88%), Calcium: 76.73mg (7.67%), Vitamin B12: 0.42µg (7%), Folate: 25.22µg (6.3%), Vitamin B5: 0.53mg (5.26%), Vitamin C: 4.05mg (4.91%), Vitamin B1: 0.07mg (4.89%), Vitamin E: 0.58mg (3.84%), Potassium: 121.84mg (3.48%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.95%), Iron: 0.48mg (2.64%), Magnesium: 9mg (2.25%), Manganese: 0.04mg (1.93%), Copper: 0.03mg (1.64%), Vitamin B3: 0.31mg (1.57%), Vitamin K: 1.35µg (1.28%)