



Meyer Lemon Custard Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 8 ounce crème fraîche chilled
- ☐ 2 large eggs separated
- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar divided
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter eight 3/4-cupramekins or custard cups.
- ☐ Whisk 1/2 cupplus 2 tablespoons sugar, flour, and pinchof salt in medium bowl to blend.
- ☐ Combinemilk, egg yolks, lemon juice, and lemon peelin large bowl; whisk until blended.
- ☐ Addflour mixture to yolk mixture and whiskcustard until blended. Using electric mixer,beat egg whites in another large bowl until soft peaks form. Gradually add remaining1/4 cup sugar to whites and beat until stiffbut not dry. Fold 1/4 of whites into custard.Fold remaining whites into custard in 2additions (custard will be slightly runny).
- ☐ Divide custard equally among preparedramekins.
- ☐ Place ramekins in large roastingpan.
- ☐ Pour enough hot water into pan tocome halfway up sides of ramekins.
- ☐ Bakecustard cakes until golden brown andset on top (custard cakes will be slightlysoft in center), about 27 minutes. Chillcustard cakes uncovered until cold, at least4 hours, then cover and keep refrigerated.DO AHEAD: Custard cakes can be made1 day ahead. Keep chilled.
- ☐ Using electric mixer, beat crème fraîchein medium bowl until softly whipped.
- ☐ Run small knife around each custardcake to loosen. Invert each cake ontoplate.
- ☐ Place dollop of crème fraîche atop oralongside cakes and serve.
- ☐ * Sold at some supermarkets and atspecialty foods stores.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:16.03, Inflammation Score:-2, Nutrition Score:4.4043478291968%

Flavonoids

Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg 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: 188.12kcal (9.41%), Fat: 8.12g (12.5%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 25.76g (9.37%), Sugar: 22.04g (24.49%), Cholesterol: 68.11mg (22.7%), Sodium: 47.28mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin B2: 0.19mg (10.94%), Selenium: 7.12µg (10.17%), Phosphorus: 92.99mg (9.3%), Calcium: 88mg (8.8%), Vitamin C: 6.15mg (7.45%), Vitamin B12: 0.39µg (6.51%), Vitamin A: 311.42IU (6.23%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.7µg (4.65%), Vitamin B1: 0.07mg (4.54%), Folate: 17.16µg (4.29%), Potassium: 133.82mg (3.82%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.46mg (3.05%), Magnesium: 10.98mg (2.75%), Iron: 0.46mg (2.55%), Manganese: 0.04mg (1.9%), Vitamin E: 0.28mg (1.88%), Vitamin B3: 0.32mg (1.61%), Copper: 0.02mg (1.22%)