



Meyer Lemon Custard Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

DESSERT

Ingredients

- 0.3 cup all purpose flour
- 8 ounce crème fraîche chilled
- 2 large eggs separated
- 0.3 cup regular lemon juice fresh
- 2 tablespoons regular lemon peel 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-cup ramekins or custard cups.
- Whisk 1/2 cup plus 2 tablespoons sugar, flour, and pinch of salt in medium bowl to blend.
- Combine milk, egg yolks, lemon juice, and lemon peel in large bowl; whisk until blended.
- Add flour mixture to yolk mixture and whisk custard until blended. Using electric mixer, beat egg whites in another large bowl until soft peaks form. Gradually add remaining 1/4 cup sugar to whites and beat until stiff but not dry. Fold 1/4 of whites into custard. Fold remaining whites into custard in 2 additions (custard will be slightly runny).
- Divide custard equally among prepared ramekins.
- Place ramekins in large roasting pan.
- Pour enough hot water into pan to come halfway up sides of ramekins.
- Bake custard cakes until golden brown and set on top (custard cakes will be slightly soft in center), about 27 minutes. Chill custard cakes uncovered until cold, at least 4 hours, then cover and keep refrigerated. DO AHEAD: Custard cakes can be made 1 day ahead. Keep chilled.
- Using electric mixer, beat crème fraîche in medium bowl until softly whipped.
- Run small knife around each custard cake to loosen. Invert each cake onto plate.
- Place dollop of crème fraîche atop or alongside cakes and serve.
- * Sold at some supermarkets and at specialty foods stores.

Nutrition Facts



■ PROTEIN 8.44% ■ FAT 37.79% ■ CARBS 53.77%

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%)