



Meyer Lemon Pudding Cakes

READY IN



90 min.

SERVINGS



12

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 1.3 cups water
- ☐ 1 box jell-o lemon flavor pudding & pie filling instant (4-serving size)
- ☐ 2 cups milk
- ☐ 1 cup blueberries fresh
- ☐ 1 lemon zest grated

Equipment

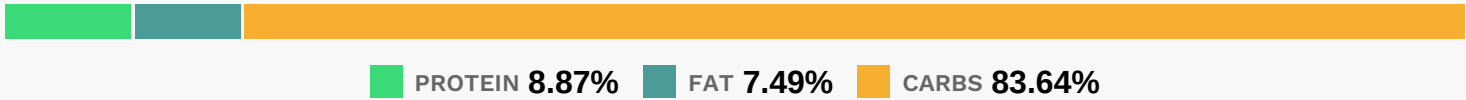
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In medium bowl, beat cake mix and water with electric mixer on medium speed 2 minutes. Divide batter between 12 ungreased mini angel food (tube) cake pans.
- ☐ Bake about 35 minutes or until dark golden brown and tops spring back when touched lightly. Turn pans upside down onto cooling rack; cool completely. Run knife around edge of cakes; remove from pans.
- ☐ In medium bowl, beat pudding mix and milk with whisk 2 minutes.
- ☐ Let stand until set, about 5 minutes.
- ☐ To serve, place each cake on dessert plate. Spoon pudding into center of cake.
- ☐ Garnish with blueberries and lemon peel.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:3.7730434614679%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 169.91kcal (8.5%), Fat: 1.44g (2.22%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 35.79g (13.02%), Sugar: 26.39g (29.32%), Cholesterol: 4.89mg (1.63%), Sodium: 327.81mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Phosphorus: 169.95mg (17%), Calcium: 109.4mg (10.94%), Vitamin B2: 0.16mg (9.54%), Selenium: 5.55µg (7.93%), Manganese: 0.1mg (4.84%), Folate: 16.62µg (4.16%), Vitamin B12: 0.24µg (3.97%), Potassium: 105.01mg (3%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.27mg (2.67%), Magnesium: 10.05mg (2.51%), Vitamin K: 2.54µg (2.42%), Copper: 0.05mg (2.36%), Fiber: 0.49g (1.95%), Vitamin B1: 0.03mg (1.82%), Vitamin B6: 0.03mg (1.73%), Zinc: 0.25mg (1.66%), Vitamin C: 1.24mg (1.5%), Vitamin A: 72.56IU (1.45%)