



My Favorite Lemon Pudding

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



366 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 3 large egg yolks lightly beaten
- 0.5 cup juice of lemon fresh
- 2 tablespoons lemon zest finely grated
- 2.5 cups milk
- 1 pinch salt
- 0.8 cup sugar
- 2 tablespoons butter unsalted at room temperature

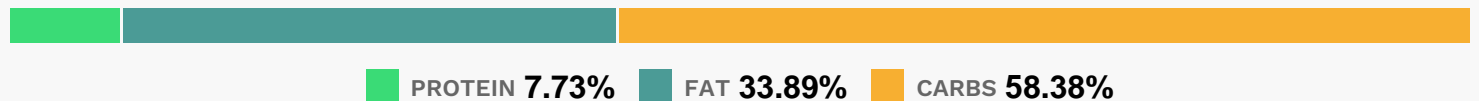
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve

Directions

- Whisk the sugar and the cornstarch together in a medium saucepan.
- Add the milk and whisk until smooth.
- Add the egg yolks, zest, and salt and cook, stirring frequently at first and constantly towards the end, over medium heat until thickened enough to thickly coat the back of a spoon.
- Remove the pan from the heat and stir in the lemon juice and butter.
- Pour through a strainer into a large serving bowl or 4 individual serving dishes.
- Let cool to room temperature. Chill, loosely covered, for at least 2 hours and up to 3 days, or until set and thoroughly chilled.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:28.89, Inflammation Score:-4, Nutrition Score:8.9256520530452%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 365.72kcal (18.29%), Fat: 14.14g (21.76%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 54.34g (19.76%), Sugar: 45.73g (50.81%), Cholesterol: 171.05mg (57.02%), Sodium: 76.11mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Calcium: 212.09mg (21.21%), Phosphorus: 209.27mg (20.93%), Vitamin C: 15.67mg (19%), Vitamin B12: 1.08µg (18.07%), Vitamin B2: 0.29mg (17.31%), Vitamin D: 2.47µg (16.47%), Selenium: 10.61µg (15.15%), Vitamin A: 609.16IU (12.18%), Vitamin B5: 1.01mg (10.07%), Potassium: 281.53mg (8.04%), Vitamin B6: 0.16mg (7.85%), Vitamin B1: 0.12mg (7.82%), Zinc: 0.96mg (6.37%), Folate: 25.32µg (6.33%), Magnesium: 21.6mg (5.4%), Vitamin E: 0.62mg (4.14%), Iron: 0.45mg (2.52%), Fiber: 0.48g (1.93%), Copper: 0.03mg (1.34%), Manganese: 0.02mg (1.14%), Vitamin B3: 0.21mg (1.03%)