



Old-Fashioned Creamy Lemon Pudding

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



297 kcal

DESSERT

Ingredients

- 0.1 lb butter
- 2 cups buttermilk
- 3 tablespoons cornstarch
- 2 large eggs
- 2 tablespoons flour all-purpose
- 0.3 cup juice of lemon
- 0.5 teaspoon lemon zest grated
- 1 cup sugar

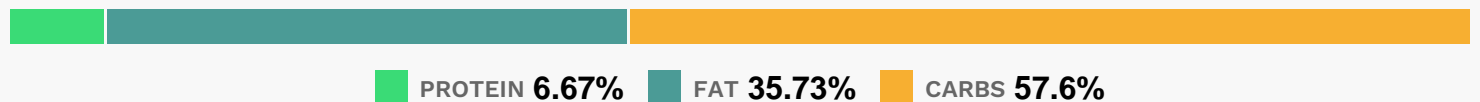
Equipment

- bowl
- frying pan
- whisk
- kitchen thermometer

Directions

- In a bowl, whisk eggs to blend.
- In a 2- to 3-quart pan, mix sugar, cornstarch, and flour. Stir in the buttermilk, then set the mixture over medium heat and stir often until simmering, 10 to 12 minutes. Continue simmering, stirring often, 2 minutes longer.
- Whisk half the buttermilk mixture into the eggs, then return both to pan, along with lemon peel, lemon juice, and butter.
- Whisk over medium-low heat until pudding reaches 160 on an instant-read thermometer and very thickly coats a spoon, 4 to 6 minutes; do not boil.
- Spoon pudding into bowls or heatproof glasses.
- Serve warm or cool, with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:25.86, Inflammation Score:-3, Nutrition Score:5.4030435007551%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 296.92kcal (14.85%), Fat: 12.06g (18.56%), Saturated Fat: 6.91g (43.18%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 43.59g (15.85%), Sugar: 37.59g (41.77%), Cholesterol: 91.12mg (30.37%), Sodium: 169.32mg

(7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin B2: 0.24mg (13.99%), Selenium: 9.35µg (13.35%), Phosphorus: 107.59mg (10.76%), Calcium: 105.43mg (10.54%), Vitamin A: 459.05IU (9.18%), Vitamin D: 1.37µg (9.16%), Vitamin B12: 0.53µg (8.87%), Vitamin C: 5.46mg (6.62%), Vitamin B5: 0.6mg (5.99%), Folate: 19.42µg (4.86%), Vitamin B1: 0.07mg (4.51%), Potassium: 150.96mg (4.31%), Zinc: 0.56mg (3.72%), Vitamin B6: 0.06mg (3.25%), Vitamin E: 0.47mg (3.15%), Magnesium: 11.7mg (2.92%), Iron: 0.48mg (2.67%), Copper: 0.04mg (2.11%), Manganese: 0.03mg (1.5%), Vitamin B3: 0.25mg (1.25%)