

DESSERT

Orange-Blueberry Pudding Cake

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	20 min	40 min	6	\$0.67	236 kcal

Orange-Blueberry Pudding Cake is a dessert that serves 6. Watching your figure? This lacto ovo vegetarian recipe has 236 calories, 5g of protein, and 6g of fat per serving. For 67 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup fresh blueberries
- ☐ 3 large egg whites
- ☐ ¼ cup all-purpose flour
- ☐ 1 cup low-fat buttermilk (1%)
- ☐ 1½ teaspoons grated orange rind
- ☐ ¼ cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons butter, melted
- ☐ 2 large egg yolks
- ☐ 2 tablespoons fresh lemon juice
- ☐ ¼ cup orange juice
- ☐ ½ teaspoon powdered sugar
- ☐ 2/3 cup sugar

EQUIPMENT Bowl, Oven, Knife, Whisk, Blender, Baking pan, Measuring cup

Method

- 1

Preheat oven to 35
- 2

Lightly spoon flour into a dry measuring cup; level with a knife.
- 3

Combine flour and 2/3 cup sugar in a large bowl; add buttermilk and next 6 ingredients, stirring with a whisk until smooth.

- 4 Beat egg whites with a mixer at high speed until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg white mixture into flour mixture. Fold in blueberries.
- 5 Pour into an 8-inch square baking pan coated with cooking spray.
- 6 Place pan in a larger baking pan; add hot water to larger pan to a depth of 1 inch.
- 7 Bake at 350 for 40 minutes or until cake springs back when lightly touched in center. Sift powdered sugar over top.
- 8 Serve warm or at room temperature.

Nutrition per serving

236	5 g	6 g	42 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			36.3 g · 40% of daily needs
Sodium			120 mg · 5% of daily needs
Cholesterol			72.8 mg · 24% of daily needs
Vitamin C			10.6 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/orange-blueberry-pudding-cake-147656