



Orange Meringue Puddings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 3 egg whites
- ☐ 3 large egg yolks
- ☐ 2 cups orange juice fresh
- ☐ 1 orange zest
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted

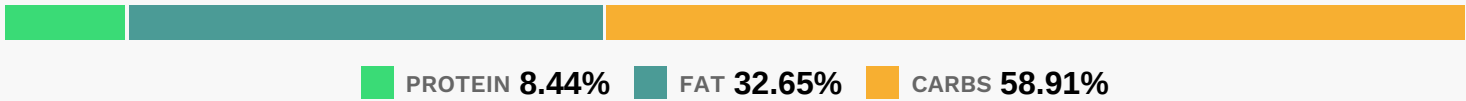
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 425 F. In a medium saucepan over low heat melt 2 tablespoons unsalted butter, then whisk in the zest of 1 orange, 2 cups fresh orange juice, 1/3 cup sugar, 1/4 cup corn-starch, 1/4 teaspoon salt, and 3 large egg yolks. Bring to a simmer over medium heat; cook, whisking constantly, until thickened, about 2 minutes.
- ☐ Pour into 4 ramekins or custard cups. In a bowl, beat 3 egg whites and 1/2 cup sugar until the sugar dissolves and stiff, glossy peaks form.
- ☐ Spread the meringue over the puddings.
- ☐ Bake until the meringue is browned, about 10 minutes. Set the puddings in a pan of ice water to cool, then refrigerate 1 hour or until cold.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:18.21, Inflammation Score:-6, Nutrition Score:9.3169564293778%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 256.3kcal (12.82%), Fat: 9.41g (14.47%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 37.54g (13.65%), Sugar: 27.28g (30.32%), Cholesterol: 152.75mg (50.92%), Sodium: 191.8mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin C: 66.08mg (80.1%), Selenium: 12.19µg (17.41%), Folate: 57.83µg (14.46%), Vitamin B2: 0.21mg (12.44%), Vitamin A: 619.39IU (12.39%), Vitamin B1: 0.14mg (9.26%), Potassium: 307.22mg (8.78%), Phosphorus: 77.53mg (7.75%), Vitamin B5: 0.68mg (6.82%), Vitamin D: 0.79µg (5.29%), Vitamin B6: 0.1mg (5.04%), Vitamin B12: 0.28µg (4.68%), Magnesium: 17.8mg (4.45%), Copper: 0.08mg (3.94%), Calcium: 38.59mg (3.86%), Iron: 0.69mg (3.81%), Vitamin E: 0.55mg (3.66%), Vitamin B3: 0.55mg (2.76%), Fiber: 0.64g (2.55%), Zinc: 0.38mg (2.55%), Manganese: 0.03mg (1.62%)