



Orange Pudding Cake

 Vegetarian

READY IN



39 min.

SERVINGS



4

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 orange zest juiced
- ☐ 0.5 cup skim milk
- ☐ 0.3 cup sugar

Equipment

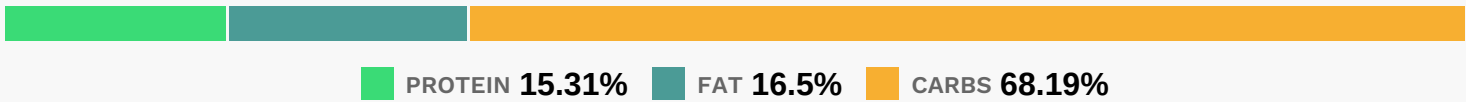
- ☐ bowl

- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 325 degrees F. Set a full tea kettle of water over medium-low heat. Spray 4 (1-cup) oven-proof ramekins with nonstick cooking spray.
- ☐ Separate the eggs, putting the whites in a slightly larger bowl. Using a hand mixer, whip the egg whites until they hold stiff peaks and set aside. To the yolks, add the sugar and beat until the sugar is dissolved and the color has turned a pale yellow.
- ☐ Add the orange zest and juice. Sift in the flour and salt and mix well.
- ☐ Add the milk and stir until combined.
- ☐ Fold the whites into the yolk mixture. Divide the batter among the ramekins.
- ☐ Place the ramekins into a baking dish and pour in hot water until it reaches halfway up the sides of the ramekins.
- ☐ Bake the pudding cakes until set, about 20 to 22 minutes.
- ☐ Remove the ramekins from the water bath and let cool a bit before serving.

Nutrition Facts



Properties

Glycemic Index:44.59, Glycemic Load:13.54, Inflammation Score:-2, Nutrition Score:4.5382608576961%

Nutrients (% of daily need)

Calories: 121.35kcal (6.07%), Fat: 2.24g (3.45%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 20.29g (7.38%), Sugar: 14.12g (15.69%), Cholesterol: 82.76mg (27.59%), Sodium: 189.51mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Selenium: 10.12µg (14.46%), Vitamin B2: 0.18mg (10.84%), Phosphorus: 85.4mg (8.54%), Folate: 26.15µg (6.54%), Vitamin B12: 0.37µg (6.22%), Vitamin B1: 0.09mg (6.06%), Calcium: 58.96mg (5.9%), Vitamin D: 0.78µg (5.18%), Vitamin B5: 0.5mg (4.96%), Vitamin C: 4.08mg (4.95%), Iron: 0.78mg (4.33%), Vitamin A: 193.88IU (3.88%), Zinc: 0.49mg (3.24%), Vitamin B6: 0.06mg (3.19%), Manganese: 0.06mg (3.06%), Potassium: 96.5mg (2.76%), Vitamin B3: 0.54mg (2.7%), Magnesium: 8.7mg (2.17%),

Fiber: 0.53g (2.12%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.57%)