



Orange Pudding Cake

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 3 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 large navel oranges
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 stick butter unsalted cooled melted
- ☐ 1 cup milk whole

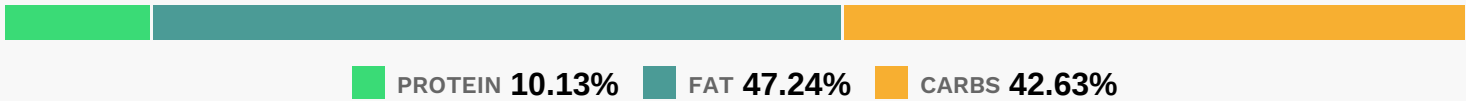
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter a 1 1/2-quart gratin or other shallow baking dish.
- ☐ Finely grate 2 teaspoons zest from 1 orange, then squeeze 1/2 cup juice from oranges.
- ☐ Whisk together sugar, flour, and salt in a large bowl.
- ☐ Whisk together yolks, milk, butter, zest, orange juice, and lemon juice in a small bowl and add to flour mixture, whisking until just combined.
- ☐ Beat egg whites in another large bowl with an electric mixer until they hold soft peaks. Stir about one fourth of whites into batter to lighten, then fold in remaining whites gently but thoroughly (batter will be thin).
- ☐ Pour into baking dish and bake in a hot water bath until puffed and golden, 40 to 45 minutes.
- ☐ Transfer to a rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:11.35, Inflammation Score:-5, Nutrition Score:7.5378260223762%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 10.93mg, Hesperetin: 10.93mg, Hesperetin: 10.93mg Naringenin: 3.38mg, Naringenin: 3.38mg,

Naringenin: 3.38mg, Naringenin: 3.38mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg,
Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 213.37kcal (10.67%), Fat: 11.49g (17.67%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 23.32g (7.77%),
Net Carbohydrates: 22.14g (8.05%), Sugar: 17.25g (19.17%), Cholesterol: 118.13mg (39.38%), Sodium: 149.62mg
(6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.09%), Vitamin C: 29.51mg (35.78%), Selenium:
10.38µg (14.83%), Vitamin B2: 0.23mg (13.29%), Vitamin A: 551.77IU (11.04%), Phosphorus: 109.59mg (10.96%),
Folate: 38.43µg (9.61%), Calcium: 87.6mg (8.76%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 1.09µg (7.26%), Vitamin
B1: 0.11mg (7.14%), Vitamin B5: 0.7mg (6.96%), Vitamin B6: 0.11mg (5.45%), Potassium: 186.19mg (5.32%), Fiber: 1.18g
(4.73%), Iron: 0.75mg (4.18%), Vitamin E: 0.58mg (3.88%), Zinc: 0.58mg (3.84%), Magnesium: 14.65mg (3.66%),
Manganese: 0.06mg (2.97%), Vitamin B3: 0.58mg (2.88%), Copper: 0.05mg (2.36%)