



Raspberry Lemon Pudding Cakes

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large eggs separated
- ☐ 3 tablespoons flour
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 lemon zest shredded finely
- ☐ 1 cup milk 1% low-fat ()

- ☐ 6 servings powdered sugar
- ☐ 12 oz raspberries divided

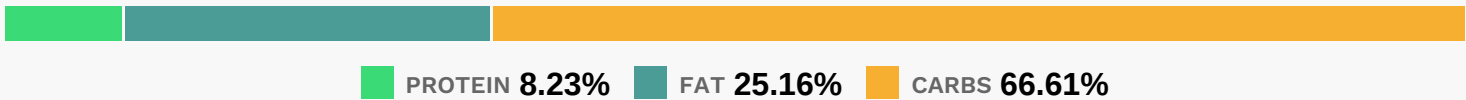
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Set 6 ramekins (2/3 cup size) in a 9- by 13-in. baking pan.
- ☐ In a medium bowl, whisk together egg yolks and granulated sugar until thick and creamy.
- ☐ Whisk in flour, butter, lemon zest and juice, and milk until blended.
- ☐ In a deep bowl with a mixer on high speed, beat egg whites and cream of tartar until whites hold stiff, moist peaks when beater is lifted. Stir one-quarter of whites into yolk mixture until blended, then gently fold in remaining whites. Gently fold in half of raspberries.
- ☐ Spoon batter into ramekins.
- ☐ Pour enough hot tap water into baking pan to come 1 in. up sides of ramekins.
- ☐ Bake until cake layers are set and tops are golden, 30 to 35 minutes.
- ☐ Remove ramekins from water; let cool at least 30 minutes.
- ☐ Serve with more berries on top and a dusting of powdered sugar.
- ☐ Make ahead: Chill airtight up to 1 day; pudding layer will become more distinct.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:14.5, Inflammation Score:-4, Nutrition Score:7.6495652509772%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 214.91kcal (10.75%), Fat: 6.22g (9.57%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 33.16g (12.06%), Sugar: 29.22g (32.47%), Cholesterol: 74mg (24.67%), Sodium: 70.15mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin C: 19.05mg (23.09%), Manganese: 0.41mg (20.67%), Fiber: 3.92g (15.66%), Selenium: 7.54µg (10.77%), Vitamin B2: 0.18mg (10.56%), Phosphorus: 95.85mg (9.58%), Calcium: 76.79mg (7.68%), Folate: 29.16µg (7.29%), Vitamin B12: 0.4µg (6.6%), Vitamin B5: 0.62mg (6.19%), Vitamin A: 303.37IU (6.07%), Potassium: 196.42mg (5.61%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.29%), Magnesium: 20.71mg (5.18%), Vitamin D: 0.77µg (5.11%), Iron: 0.89mg (4.93%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.09mg (4.5%), Zinc: 0.66mg (4.41%), Copper: 0.07mg (3.64%), Vitamin B3: 0.63mg (3.15%)