



Saucy Lemon Pudding Cake

READY IN



65 min.

SERVINGS



6

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 2 eggs separated
- ☐ 1 cup milk
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 serving whipped cream

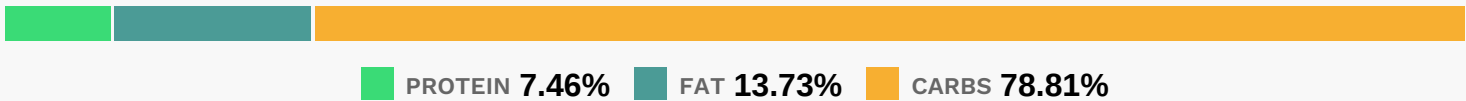
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F.
- ☐ Beat egg whites in small bowl with electric mixer on high speed until stiff peaks form.
- ☐ Beat egg yolks slightly in large bowl on medium speed; beat in milk, lemon peel and lemon juice until well blended. Beat in sugar, flour and salt until smooth. Fold into beaten egg whites.
- ☐ Pour into ungreased 1-quart casserole.
- ☐ Place casserole in square pan, 9x9x2 inches, on oven rack; pour very hot water (1 inch deep) into pan.
- ☐ Bake 45 to 50 minutes or until golden brown.
- ☐ Serve warm or cool with whipped cream. Immediately refrigerate any remaining pudding cake after serving.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:26.94, Inflammation Score:-1, Nutrition Score:3.8017391899358%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.63kcal (9.88%), Fat: 3.1g (4.77%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 39.85g (14.49%), Sugar: 35.64g (39.6%), Cholesterol: 60.2mg (20.07%), Sodium: 133.81mg (5.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Selenium: 7.27µg (10.38%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 77.48mg (7.75%), Calcium: 61.47mg (6.15%), Vitamin B12: 0.35µg (5.88%), Vitamin C: 4.36mg (5.29%), Vitamin D: 0.74µg (4.96%), Vitamin B1: 0.07mg (4.84%), Folate: 18.53µg (4.63%), Vitamin B5: 0.42mg (4.17%), Vitamin A: 152.71IU (3.05%), Iron: 0.53mg (2.93%), Vitamin B6: 0.06mg (2.88%), Potassium: 99.97mg (2.86%), Zinc: 0.41mg (2.7%), Manganese: 0.04mg (2.2%), Magnesium: 8.56mg (2.14%), Vitamin B3: 0.37mg (1.86%), Vitamin E: 0.2mg (1.33%), Copper: 0.02mg (1.15%)