# Semolina Pudding Cake

Vegetarian

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 45 min. | 8 | 224 kcal |

DESSERT

## Ingredients

- [ ] 3 large eggs lightly beaten
- [ ] 0.3 teaspoon ground nutmeg
- [ ] 1 Dash salt
- [ ] 0.8 cup semolina flour (pasta flour)
- [ ] 4 cups skim milk
- [ ] 1 cup sugar divided
- [ ] 3 inch vanilla pod split

## Equipment

- [ ] sauce pan
- [ ] oven
- [ ] whisk
- [ ] spatula

## Directions

- [ ] Place 1/2 cup sugar in a small heavy saucepan over medium heat, and cook until sugar is golden (about 5 minutes). Immediately pour sugar syrup into a 1 1/2-quart souffl dish coated with cooking spray, tipping quickly until caramelized sugar coats bottom of dish; set aside.
- [ ] Combine milk and 1/2 cup sugar in a large heavy saucepan; stir well. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Cook over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- [ ] Remove from heat (add extract at this point if using in place of vanilla bean); cover and let stand 10 minutes. Discard bean.
- [ ] Preheat oven to 37
- [ ] Place milk mixture over medium heat. Gradually add flour and salt, stirring constantly with a whisk. Cook 12 minutes or until thick and bubbly, stirring constantly. Gradually add hot milk mixture to eggs, stirring constantly with a whisk; stir in nutmeg. Spoon mixture into prepared dish.
- [ ] Bake at 375 for 45 minutes or until puffy and almost set. (Cake will be slightly "jiggly" in center.) Cool in dish 5 minutes. (Cake will deflate slightly upon standing.) Loosen cake from sides of dish using a narrow metal spatula.
- [ ] Place a plate upside down on top of cake; invert on to plate.
- [ ] Serve warm or chilled.

## Nutrition Facts

PROTEIN **15.28%** FAT **8.63%** CARBS **76.09%**

### Properties

Glycemic Index:28.42, Glycemic Load:25.32, Inflammation Score:-4, Nutrition Score:8.8273912689284%

### Nutrients (% of daily need)

Calories: 224.48kcal (11.22%), Fat: 2.15g (3.31%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 42.02g (15.28%), Sugar: 31.34g (34.83%), Cholesterol: 73.43mg (24.48%), Sodium: 82.2mg (3.57%), Alcohol: 0.33g (100%), Alcohol %: 0.23% (100%), Protein: 8.57g (17.13%), Selenium: 22.44µg (32.05%), Vitamin B2: 0.34mg (20.11%), Phosphorus: 189.81mg (18.98%), Calcium: 175.35mg (17.54%), Vitamin B12: 0.88µg (14.62%), Vitamin B1: 0.2mg (13.61%), Vitamin D: 1.72µg (11.48%), Folate: 40.13µg (10.03%), Vitamin B5: 0.82mg (8.16%), Potassium: 261.87mg (7.48%), Vitamin A: 351.21IU (7.02%), Zinc: 0.96mg (6.42%), Magnesium: 24.58mg (6.15%), Vitamin B6: 0.12mg (5.97%), Iron: 1.03mg (5.72%), Manganese: 0.11mg (5.57%), Vitamin B3: 1.11mg (5.53%), Fiber: 0.63g (2.51%), Copper: 0.05mg (2.44%), Vitamin E: 0.24mg (1.59%)