



WHATSheATE



Tangy lemon pudding with lemon meringue ice cream



Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



1206 kcal

DESSERT

Ingredients

- ☐ 2 egg yolk
- ☐ 3 lemon zest
- ☐ 375 g sugar
- ☐ 85 g butter
- ☐ 500 g crème fraîche
- ☐ 100 g butter softened for greasing
- ☐ 3 eggs beaten

- ☐ 100 g sugar
- ☐ 100 g self raising flour
- ☐ 1 lemon zest
- ☐ 2 frangelico crushed
- ☐ 2 frangelico crushed

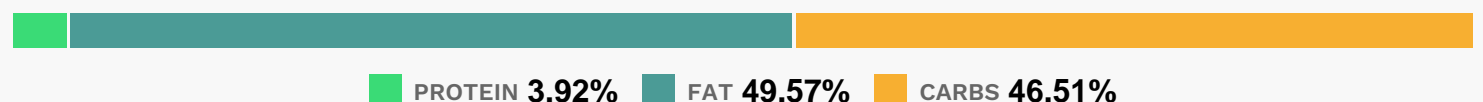
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ For the lemon sauce, beat together the eggs and yolk with the zest and juice.
- ☐ Add the sugar and butter, then place the bowl over a pan of gently simmering water. Stir until the sauce is glossy and has thickened to coat the back of the spoon.
- ☐ Remove and leave to cool.
- ☐ For the ice cream, churn the crme frache in an ice-cream machine until it is thick.
- ☐ Remove from the machine, then marble in 200ml of the cooled lemon sauce and fold through the meringue pieces.
- ☐ Transfer to the freezer for 3-4 hrs until frozen.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Butter 4 individual pudding moulds and line the bases with greaseproof paper. Beat the butter and sugar until pale and fluffy. Gently fold in the eggs and flour alternately, a little at a time, until combined, then add the zest and juice. Spoon into the moulds so that they are three-quarters full and bake for 20 mins until golden, risen and firm to the touch. Leave to cool slightly, then turn out. To serve, gently reheat the sauce, pour over the puddings and accompany with the ice cream.

Nutrition Facts



Properties

Glycemic Index:76.8, Glycemic Load:94.66, Inflammation Score:-8, Nutrition Score:13.136521743691%

Nutrients (% of daily need)

Calories: 1205.54kcal (60.28%), Fat: 68.1g (104.76%), Saturated Fat: 38.35g (239.71%), Carbohydrates: 143.74g (47.91%), Net Carbohydrates: 142.51g (51.82%), Sugar: 123.3g (137%), Cholesterol: 393.15mg (131.05%), Sodium: 389.36mg (16.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Vitamin A: 2246.02IU (44.92%), Selenium: 30.94µg (44.2%), Vitamin B2: 0.47mg (27.44%), Phosphorus: 231.51mg (23.15%), Calcium: 180.42mg (18.04%), Vitamin E: 2.24mg (14.94%), Vitamin B5: 1.37mg (13.75%), Vitamin B12: 0.81µg (13.51%), Folate: 46.57µg (11.64%), Manganese: 0.23mg (11.53%), Vitamin C: 8.86mg (10.75%), Zinc: 1.33mg (8.84%), Vitamin B6: 0.16mg (7.99%), Vitamin D: 1.15µg (7.64%), Potassium: 259.67mg (7.42%), Iron: 1.25mg (6.96%), Magnesium: 24.99mg (6.25%), Copper: 0.11mg (5.63%), Vitamin B1: 0.08mg (5.33%), Vitamin K: 5.35µg (5.09%), Fiber: 1.24g (4.94%), Vitamin B3: 0.44mg (2.18%)