

# Lemon Pudding Cake

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

## Servings: 9

3 eggs, separated

1/4 cup lemon juice

2 tablespoons margarine, melted

1/4 cup all-purpose flour

2 tablespoons sugar

1 tablespoon grated lemon rind

1/4 cup sugar

Citrus-Cheese Sauce (see recipe in  
Desserts/Cake)

Preheat the oven to 350 degrees.

Beat the egg yolks, lemon juice and margarine in a large bowl. Add the flour, two tablespoons sugar and the lemon rind to the egg yolk mixture, beating until the mixture is smooth.

Beat the egg whites (at room temperature) until foamy. Gradually add 1/4 cup of sugar, one tablespoon at a time, beating until stiff peaks form. Fold the egg whites into the egg yolk mixture. Pour the batter into an ungreased eight-inch square baking pan. Place in a larger pan and add about one inch of warm water to the larger pan.

Bake for 35 to 40 minutes.

Serve warm or chilled with Citrus-Cheese sauce.

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Per Serving (excluding unknown items): 94 Calories; 4g Fat (39.8% calories from fat); 3g Protein; 12g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	94	Vitamin B6 (mg):	trace
% Calories from Fat:	39.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	14mcg

**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 71mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 53mg  
**Potassium (mg):** 37mg  
**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 195IU  
**Vitamin A (r.e.):** 48 1/2RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 1/2

### Nutrition Facts

Servings per Recipe: 9

#### Amount Per Serving

**Calories** 94 **Calories from Fat:** 38

#### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	1g	5%
<b>Cholesterol</b>	71mg	24%
<b>Sodium</b>	53mg	2%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	1%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		4%
<b>Vitamin C</b>		7%
<b>Calcium</b>		1%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.