

TANGERINE PUDDING



Low fat diet



Dessert



Consumer Eroski

Kcal Hypercaloric

This recipe is originally from Consumer EROSKI and was adapted by Hospital San Joan de Déu



INGREDIENTS

RECIPE FOR 4 PEOPLE

- 200ml egg substitute
- 100ml olive oil
- 4 tangerines
- 125g low protein flour
- 60g sugar
- 1 packet baking powder

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 1.27 g (Kcal 0.85%)
- Lipids total (g): 25.55g (Kcal 38%):
- Carbohydrates (g) 93.3 g (Kcal 62 %)
- Energy (Kcal): 600
- Polyunsaturates (g): 2.7
- Tryptophane (mg): 2
- Leucine (mg): 29
- Lysine (mg) 33
- Methionine (mg): 3
- Phenylalanine (mg): 26.5

METHOD

- Pre-heat the oven to 180°C.
- In a mixing bowl, put in the sugar and grate the rind of the tangerines, being careful not to grate the white part.
- Peel the tangerines and remove the seeds.
- Blend the tangerines and then strain them to get the juice and the pulp but not the pithy bits.
- Beat the egg substitute with the oil and mix with the sugar and rind and the tangerine juice.
- Make a uniform mixture.
- Fold in the low protein flour and baking powder gradually and gently.
- Put in a rectangular baking tray and bake for 45 minutes.

Translation

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