

Layered Lemon Pudding

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Servings: 5

2 eggs, beaten
1/4 cup sugar
1 tablespoon lemon rind, grated
1/4 cup lemon juice
1 tablespoon margarine
1 envelope (1.25 ounce) whipped
topping mix
1/2 cup skim milk
1/2 teaspoon vanilla extract
lemon twists

Combine the eggs, sugar, lemon rind, lemon juice and margarine in a small saucepan. Cook over low heat until thickened. Cool slightly. Spoon one tablespoon into each of five desert cups. Set aside the remaining lemon mixture.

Combine the whipped topping mix, milk and vanilla. Beat for two minutes at the low speed of an electric mixer. Beat at high speed until stiff peaks form. Spoon three tablespoons of the whipped topping over the lemon layer in each dessert cup.

Gently fold the remaining whipped topping into the remaining lemon mixture. Spoon evenly into the dessert cups. Cover and chill.

Garnish each serving with a lemon twist.

Per Serving (excluding unknown items): 102 Calories; 4g Fat (37.5% calories from fat); 3g Protein; 13g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 68mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	trace
% Calories from Fat:	37.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	49.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	13mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	85mg
Carbohydrate (g):	13g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	68mg
Potassium (mg):	86mg
Calcium (mg):	44mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	252IU
Vitamin A (r.e.):	66RE

Caffeine (mg):	1
Alcohol (kcal):	0
% Refuse:	0%

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: 5

Amount Per Serving

Calories 102 Calories from Fat: 38

% Daily Values*

Total Fat 4g	7%
Saturated Fat 1g	5%
Cholesterol 85mg	28%
Sodium 68mg	3%
Total Carbohydrates 13g	4%
Dietary Fiber trace	1%
Protein 3g	
Vitamin A	5%
Vitamin C	12%
Calcium	4%
Iron	2%

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