

Lemon Soufflé Pancakes

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-souffle-indian-recipe>

Ingredients:

- 2 cups cake flour not self-rising
- 3/4 cup sugar
- 1/4 cup all purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon freshly grated nutmeg
- 2 tablespoons lemon zest finely grated fresh
- 5 large eggs separated
- 1 1/2 cups whole milk ricotta
- 3/4 cup unsalted butter melted and cooled slightly
- 1/4 cup fresh lemon juice
- 3/4 cup buttermilk well-shaken
- 1/2 teaspoon vanilla extract
- non-stick cooking spray
- confectioners sugar for dusting
- sliced almonds optional
- berries optional
- maple syrup optional

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 360 milligrams
4. Fat: 51 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 28 grams
8. Sodium: 1070 milligrams
9. Sugar: 44 grams

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