



Banana-Macadamia Madeleines

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



46 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup banana ripe mashed
- 0.8 cup cake flour sifted
- 2 teaspoons rum or dark
- 4 large egg whites
- 0.3 cup macadamia nuts toasted chopped
- 1 tablespoon butter melted
- 0.8 cup powdered sugar sifted

- 2 tablespoons powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack

Directions

- Preheat oven to 37
- Place banana in a food processor; process until smooth.
- Add margarine, rum, vanilla, and egg whites; process until blended.
- Combine 3/4 cup plus 2 tablespoons powdered sugar, flour, baking powder, and salt in a bowl, and add to food processor. Pulse 2 to 3 times or until combined.
- Add nuts; pulse 2 times or until well-blended.
- Spoon 1 tablespoon batter into each of 12 madeleine molds coated with baking spray.
- Bake at 375 for 15 minutes or until puffy.
- Remove from pan immediately; let cool on a wire rack. Repeat procedure with remaining batter. Sift 2 tablespoons powdered sugar over madeleines.

Nutrition Facts



PROTEIN 8.72% **FAT 30.09%** **CARBS 61.19%**

Properties

Glycemic Index:7.46, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:1.0082608684088%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 46.26kcal (2.31%), Fat: 1.58g (2.43%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 45.49mg (1.98%), Alcohol: 0.05g (100%), Alcohol %: 0.31% (100%), Protein: 1.03g (2.06%), Manganese: 0.1mg (5.04%), Selenium: 2.25µg (3.21%), Vitamin B2: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.47%), Fiber: 0.33g (1.33%), Vitamin B6: 0.02mg (1.19%), Magnesium: 4.62mg (1.15%), Copper: 0.02mg (1.11%), Phosphorus: 10.63mg (1.06%), Calcium: 10.33mg (1.03%)