



Brown Butter Madeleines

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 0.7 cup flour
- ☐ 1 teaspoons nice drizzle of honey
- ☐ 0.5 orange zest
- ☐ 10 servings salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted

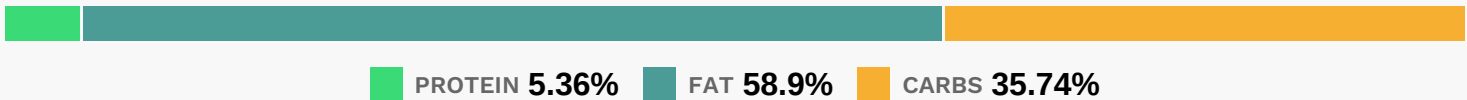
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ To brown the butter, melt the butter over medium heat in a heavy saucepan, allowing to bubble and foam, stirring frequently. Once the foaming subsides, allow the butter to brown along the bottom and then remove the pan from the heat. Browning will take about 5 minutes total; do not burn.
- ☐ In a medium bowl, mix the eggs, sugar, and honey with electric mixer until thick and pale.
- ☐ Add the browned butter and mix.
- ☐ In a small bowl, sift together the flour, baking powder and 1/4 teaspoon salt, and mix into liquid ingredients, along with zest, just until blended.
- ☐ Fill the greased madeleine baking molds and bake until golden, 9 to 11 minutes.
- ☐ *Cook's Note: you may substitute a mini-muffin pan for madeleine molds.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:9.61, Inflammation Score:-2, Nutrition Score:2.6104347757671%

Nutrients (% of daily need)

Calories: 152.78kcal (7.64%), Fat: 10.15g (15.61%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.56g (4.93%), Sugar: 7.29g (8.1%), Cholesterol: 57.14mg (19.05%), Sodium: 229.01mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Selenium: 5.69µg (8.13%), Vitamin A: 333.68IU (6.67%), Vitamin B2: 0.09mg (5.14%), Folate: 19.92µg (4.98%), Vitamin B1: 0.07mg (4.68%), Phosphorus: 33.68mg (3.37%), Iron: 0.58mg (3.21%), Manganese: 0.06mg (3.06%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.35µg (2.31%), Calcium: 21.85mg (2.18%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.1µg (1.63%), Zinc: 0.19mg (1.24%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.01%)