



Chocolate Chip Madeleines



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 3.5 oz chocolate dark 70% chopped (cocoa solids)
- ☐ 3 extra large eggs free-range
- ☐ 2 tablespoons honey your favorite
- ☐ 0.7 cup caster sugar
- ☐ 10 tablespoons butter unsalted for greasing

Equipment

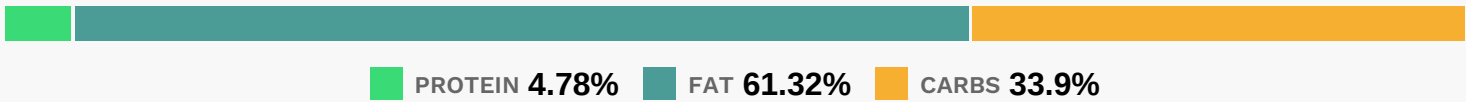
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Melt the butter and honey in a small saucepan and simmer until syrupy—about 8 minutes.
- ☐ Pour into a bowl and set aside to cool. Don't worry if the mixture splits slightly.
- ☐ Using an electric stand or hand-held mixer, whisk the eggs and sugar together for around 8 minutes or until the mixture has tripled in volume.
- ☐ Fold in the flour then the butter mixture and leave until cold. Stir the chopped chocolate into the cake mixture. Rest in the fridge for a couple of hours.
- ☐ Preheat the oven to 375°F. Butter and flour the madeleine molds. Put a teaspoonful of mixture into each mold and bake for about 15 minutes or until just firm to the touch and golden brown.
- ☐ Best served warm.
- ☐ From Green & Black's Organic Ultimate Chocolate Recipes: The New Collection edited by Micah Carr-Hill. Text © 2010 by Cadbury Holdings Limited; Photographs copyright © 2010 by Jenny Zarins. Published in 2010 by Kyle Books, an imprint of Kyle Cathie Ltd.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.7743478123423%

Nutrients (% of daily need)

Calories: 103.27kcal (5.16%), Fat: 7.18g (11.04%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.47g (3.08%), Sugar: 8g (8.89%), Cholesterol: 38.71mg (12.9%), Sodium: 11.53mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.31mg (1.1%), Protein: 1.26g (2.52%), Manganese: 0.08mg (4.22%), Copper: 0.08mg (4%), Vitamin A: 185.19IU (3.7%), Selenium: 2.54µg (3.62%), Iron: 0.63mg (3.48%), Phosphorus: 28.06mg (2.81%), Magnesium: 10.42mg (2.6%), Vitamin B2: 0.04mg (2.29%), Fiber: 0.45g (1.82%), Zinc: 0.24mg (1.58%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.23µg (1.52%), Vitamin B12: 0.08µg (1.4%), Vitamin B5: 0.13mg (1.32%), Potassium: 41.64mg (1.19%)