



Chocolate Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 ounces butter
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 1 eggs
- ☐ 2 egg yolks
- ☐ 0.3 cup flour all-purpose sifted
- ☐ 1 pinch salt
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

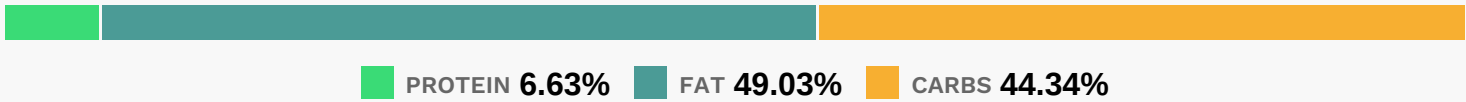
Equipment

- ☐ oven
- ☐ wire rack
- ☐ madeleine form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Butter one Madeleine pan.
- ☐ Sift the flour, cocoa, baking powder and salt together. Set aside.
- ☐ Cream the butter with the vanilla and the sugar.
- ☐ Add the egg and egg yolks, beating to mix. Stir in the dry ingredients until just combined only, do not over mix.
- ☐ Place rounded teaspoon of batter into the prepared Madeleine shell forms.
- ☐ Bake at 375 degrees F (190 degrees C) for 12 minutes.
- ☐ Remove from oven and immediately invert onto a wire rack to cool. Once cool sprinkle with confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:4.39, Inflammation Score:-2, Nutrition Score:2.2530434559221%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 91.92kcal (4.6%), Fat: 5.26g (8.09%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.51g (8.35%), Cholesterol: 56.2mg (18.73%), Sodium: 58.48mg (2.54%),

Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.6g (3.2%), Selenium: 4.04µg (5.77%), Manganese: 0.09mg (4.49%), Phosphorus: 39.72mg (3.97%), Copper: 0.08mg (3.86%), Vitamin A: 181.14IU (3.62%), Vitamin B2: 0.05mg (3.12%), Iron: 0.54mg (3%), Fiber: 0.73g (2.93%), Folate: 11.58µg (2.9%), Magnesium: 10.26mg (2.57%), Calcium: 19.63mg (1.96%), Vitamin B1: 0.03mg (1.92%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.24µg (1.57%), Vitamin E: 0.23mg (1.53%), Potassium: 39.91mg (1.14%), Vitamin B6: 0.02mg (1.01%)