



Chocolate Orange Madeleines

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- 1 cup flour
- 0.3 teaspoon double-acting baking powder
- 7 ounces chocolate dark chopped
- 3 eggs
- 0.3 cup granulated sugar (for coating cookie press/bottom glass)
- 1 tablespoon orange juice (use same orange)
- 2 orange zest
- 0.5 teaspoon sea salt

Equipment

- bowl
- sauce pan
- baking paper
- oven
- whisk

Directions

- Preheat the oven to 374F. Generously grease and liberally flour a madeleine cookie tin. In a small bowl, combine the flour, baking Powder and salt.
- Whisk together and set aside. In a medium bowl, Beat the sugar and eggs on medium/high speed until the volume triples in size. This may take several minutes and you should have a beautiful thick 'ribbon' of batter when you lift the beaters out of the bowl. Stir in the orange juice and orange zest. Beginning with the flour mixture, alternate adding to the egg/sugar batter with the melted butter.
- Mix only until just combined. Refrigerate for about 45 minutes to an hour. Drop by rounded teaspoon fulls into center of the madeleine molds. Leave the batter mounded, don't spread it out. I found that I had to add more than a teaspoon, so adjust accordingly for the size of your mold. Don't worry if the dough does not fill out the entire mold. The cookies will take on the pretty pattern regardless of how big they become.
- Bake for 10 -12 minutes or until the edges just start to turn gold and the center of the cookies spring back when lightly touched.
- Remove from oven and immediately tap the tin on the counter to loosen the cookies. Carefully remove the cookies and allow them to cool completely. Prepare the chocolate: Melt the chocolate in a saucepan and pour into a deep dish or cup with a wide mouth. Dip half or 1/4 of each cookie into the chocolate and place on a piece of parchment paper until the chocolate is set.

Nutrition Facts

  

 PROTEIN **8.87%**  FAT **43.28%**  CARBS **47.85%**

Properties

Glycemic Index:39.01, Glycemic Load:15.13, Inflammation Score:-4, Nutrition Score:9.3504347826087%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.8kcal (12.84%), Fat: 12.33g (18.97%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 27.21g (9.89%), Sugar: 12.47g (13.86%), Cholesterol: 62.12mg (20.71%), Sodium: 187.47mg (8.15%), Caffeine: 19.84mg (6.61%), Protein: 5.69g (11.37%), Manganese: 0.6mg (29.77%), Copper: 0.48mg (23.84%), Iron: 4.01mg (22.29%), Selenium: 12.12µg (17.31%), Magnesium: 62.91mg (15.73%), Fiber: 3.45g (13.79%), Phosphorus: 129.68mg (12.97%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.14mg (9.55%), Folate: 37.89µg (9.47%), Zinc: 1.15mg (7.69%), Potassium: 227.64mg (6.5%), Vitamin C: 5.14mg (6.23%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.44mg (4.44%), Calcium: 42.25mg (4.23%), Vitamin B12: 0.22µg (3.61%), Vitamin B6: 0.05mg (2.52%), Vitamin A: 115.62IU (2.31%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.91µg (1.82%)