



Cinnamon Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.8 cup butter cooled melted
- 2 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 1 cup sugar white

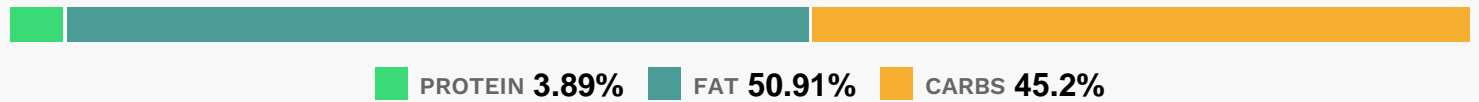
Equipment

- oven
- double boiler

Directions

- Preheat oven to 350 degrees F (180 degrees C). Spray madeleine molds with non-stick spray.
- In a double boiler, heat eggs and sugar stirring constantly; whipping in as much air as possible.
- Remove from heat, let cool.
- Stir in flour add remaining ingredients.
- Fill madeleine molds with a generous amount of batter, but don't spread it out.
- Bake until lightly browned; approx. 15 minutes. Cool one minute, remove to racks to cool completely. *Extracts can be varied and spices changed to suit tastes.
- Sprinkle with powdered sugar or dip in chocolate.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:17.4, Inflammation Score:-3, Nutrition Score:2.7221738773844%

Nutrients (% of daily need)

Calories: 215.09kcal (10.75%), Fat: 12.37g (19.03%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 24.38g (8.87%), Sugar: 16.73g (18.58%), Cholesterol: 57.78mg (19.26%), Sodium: 102.04mg (4.44%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.13g (4.25%), Selenium: 6.03µg (8.61%), Vitamin A: 394.41IU (7.89%), Folate: 22.96µg (5.74%), Vitamin B1: 0.09mg (5.7%), Vitamin B2: 0.09mg (5.48%), Manganese: 0.09mg (4.47%), Iron: 0.63mg (3.5%), Vitamin B3: 0.63mg (3.14%), Phosphorus: 29.28mg (2.93%), Vitamin E: 0.41mg (2.76%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.09µg (1.49%), Fiber: 0.33g (1.32%), Zinc: 0.18mg (1.23%), Copper: 0.02mg (1.1%), Vitamin K: 1.07µg (1.02%), Calcium: 10.13mg (1.01%)