



WHATSheATE



Cornbread Madeleines

READY IN



74 min.

SERVINGS



100

CALORIES



29 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup sugar

Equipment

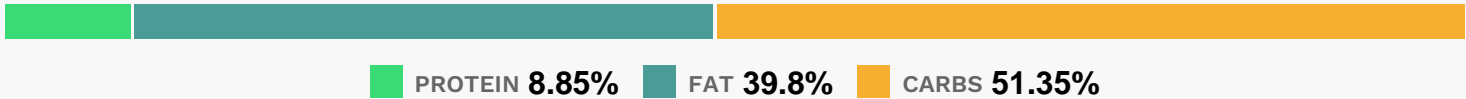
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together cornmeal mix, flour, and sugar in a large bowl.
- ☐ Add buttermilk, melted butter, and eggs.
- ☐ Whisk together just until blended. Spoon batter into lightly greased shiny madeleine pans, filling three-fourths full.
- ☐ Bake, in batches, 16 to 18 minutes or until golden brown.
- ☐ Remove from pans immediately.
- ☐ Serve hot, or cool completely on wire racks (about 20 minutes), and freeze in zip-top plastic freezer bags up to 1 month. To serve, arrange desired amount of madeleines on a baking sheet, and bake at 350 for 5 to 6 minutes or until thoroughly heated.
- ☐ TRY THESE TWISTS
- ☐ Orange-Rosemary: Prepare recipe as directed, adding 2 Tbsp. orange zest and 1 1/2 Tbsp. finely chopped fresh rosemary to dry ingredients.
- ☐ Lemon-Thyme: Prepare recipe as directed, adding 1 Tbsp. lemon zest and 1 Tbsp. finely chopped fresh thyme to dry ingredients.
- ☐ Spicy White Cheddar: Reduce sugar to 2 Tbsp. Prepare recipe as directed, adding 3/4 cup finely shredded white Cheddar cheese and 1/4 tsp. ground red pepper to dry ingredients.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.97695652298305%

Nutrients (% of daily need)

Calories: 28.58kcal (1.43%), Fat: 1.28g (1.97%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.74g (0.82%), Cholesterol: 6.69mg (2.23%), Sodium: 58.62mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Phosphorus: 29.14mg (2.91%), Folate: 10.86µg (2.72%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.03mg (1.83%), Calcium: 16.62mg (1.66%), Iron: 0.22mg (1.2%), Manganese: 0.02mg (1.11%), Vitamin B3: 0.22mg (1.1%), Vitamin A: 51.44IU (1.03%), Selenium: 0.71µg (1.02%)