



Cornbread Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 1 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup cornmeal (56 grams)
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose (48 grams)
- ☐ 25 grams granulated sugar
- ☐ 0.3 teaspoon salt

☐ 60 grams butter unsalted salted melted

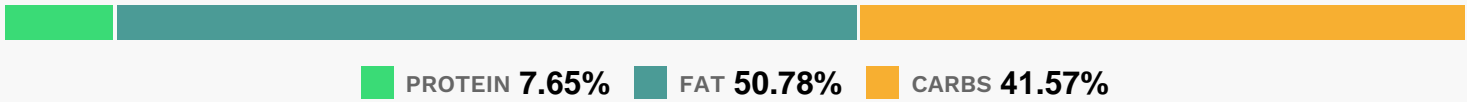
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ madeleine form

Directions

- ☐ Preheat the oven to 375 degrees F. Rub a Madeleine pan generously with butter or shortening. In a medium size mixing bowl, whisk together the cornmeal, flour, sugar, salt, baking powder, and baking soda. Make a hole in the center of the dry mixture and add the buttermilk, and egg.
- ☐ Whisk those two things together in their little hole, then pour in the butter and mix everything together until you have a uniform batter. Spoon about a heaping tablespoon of batter into each mold. They should be about 2/3 full.
- ☐ Bake until the center is firm and a cake tester or toothpick inserted into the center comes out clean, 10–12 minutes.
- ☐ Let cool slightly then pop the Madeleines from the pan. Makes 18 or 19, but that will probably vary depending on the size of your Madeleine molds and how you divide the batter.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:1.4356521730838%

Nutrients (% of daily need)

Calories: 60.27kcal (3.01%), Fat: 3.44g (5.29%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.87g (2.14%), Sugar: 1.8g (2%), Cholesterol: 16.99mg (5.66%), Sodium: 82.12mg (3.57%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Phosphorus: 27.99mg (2.8%), Selenium: 1.89µg (2.7%), Calcium: 23.45mg (2.35%), Vitamin B2: 0.04mg (2.16%), Vitamin A: 107.5IU (2.15%), Vitamin B1: 0.03mg (2.08%), Manganese: 0.04mg (2.07%), Fiber: 0.46g (1.85%), Vitamin B6: 0.03mg (1.67%), Iron: 0.28mg (1.58%), Folate: 6.26µg (1.57%), Magnesium: 6.2mg (1.55%), Zinc: 0.21mg (1.39%), Vitamin D: 0.19µg (1.24%), Vitamin B3: 0.22mg (1.1%)