

English madeleines

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



614 kcal

DESSERT

Ingredients

- ☐ 100 g butter softened for greasing
- ☐ 200 g coconut flakes
- ☐ 140 g sugar
- ☐ 140 g flour plain
- ☐ 1 large eggs
- ☐ 140 g yogurt greek-style (we used Yeo Valley)
- ☐ 85 g cherries finely chopped
- ☐ 140 g smucker's cherry preserves

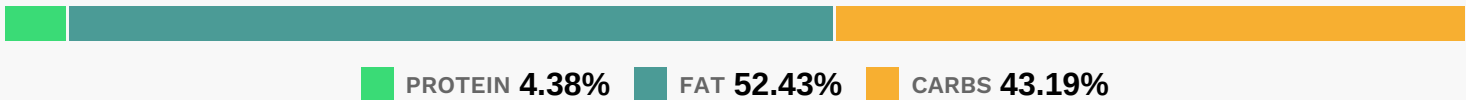
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ microwave
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease 6 x 120ml madeleine moulds (see tip, below). Put 50g of the coconut in a food processor with the sugar and whizz until the coconut is as fine as the sugar. Tip into a mixing bowl with the butter, flour, egg and yogurt, and whizz with an electric whisk until smooth. Stir in the cherries, then divide between the moulds. Sit on a baking sheet and bake for 35–45 mins until a skewer poked in comes out clean. Cool for 10 mins, then turn out from the tins to cool completely.
- ☐ Heat the jam in a pan or microwave, then sieve to remove the cherry lumps. Tip the remaining coconut onto a plate. Trim any wonky bottoms of the madeleines so they sit flat.
- ☐ Brush a thin coating of jam over each and roll in the coconut to cover. Will keep in an airtight tin for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:38.52, Inflammation Score:-5, Nutrition Score:11.945652199828%

Flavonoids

Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 614.21kcal (30.71%), Fat: 36.93g (56.81%), Saturated Fat: 28.43g (177.71%), Carbohydrates: 68.43g (22.81%), Net Carbohydrates: 61.81g (22.48%), Sugar: 40.06g (44.51%), Cholesterol: 69.87mg (23.29%), Sodium: 150.23mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Manganese: 1.1mg (54.88%), Fiber: 6.62g (26.47%), Selenium: 17.92µg (25.6%), Copper: 0.34mg (17.03%), Vitamin B2: 0.25mg (14.84%), Vitamin B1: 0.22mg (14.78%), Phosphorus: 143.94mg (14.39%), Iron: 2.53mg (14.04%), Folate: 54.88µg (13.72%), Magnesium: 41.76mg (10.44%), Vitamin A: 493.67IU (9.87%), Potassium: 307.52mg (8.79%), Vitamin B3: 1.64mg (8.2%), Zinc: 1.12mg (7.47%), Vitamin B6: 0.14mg (7.2%), Vitamin B5: 0.64mg (6.39%), Calcium: 55.81mg (5.58%), Vitamin E: 0.69mg (4.58%), Vitamin C: 3.66mg (4.44%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 1.71µg (1.62%), Vitamin D: 0.19µg (1.27%)