



Fresh Corn Madeleines with Sour Cream and Caviar

READY IN



45 min.

SERVINGS



36

CALORIES



24 kcal

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup buttermilk well-shaken
- ☐ 50 grams caviar ()
- ☐ 36 servings garnish: chives fresh chopped
- ☐ 0.5 cup regular corn chopped (from 1 ear)
- ☐ 1 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon butter unsalted melted for brushing molds
- ☐ 0.3 cup cornmeal yellow (not coarse)

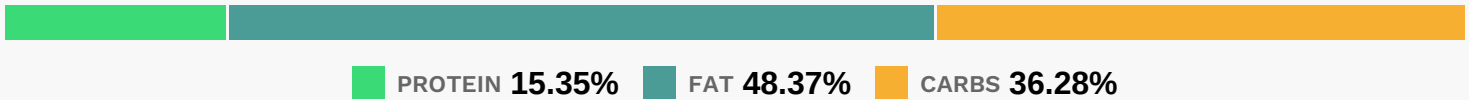
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pastry bag

Directions

- ☐ Preheat oven to 400°F.
- ☐ Brush molds with some melted butter.
- ☐ Whisk together cornmeal, flour, sugar, baking soda, salt, and pepper in a bowl.
- ☐ Whisk together egg, buttermilk, 1 tablespoon melted butter, and corn in another bowl, then add to dry ingredients, stirring until just combined.
- ☐ Spoon 1 teaspoon batter into each mold and bake in middle of oven until madeleines are golden around edges and spring back when pressed lightly, 5 to 6 minutes. Turn madeleines out onto a rack to cool and make more in same manner.
- ☐ Put sour cream in pastry bag (if using) and pipe (or spoon) about 1/2 teaspoon onto each madeleine, then top with a rounded 1/4 teaspoon caviar.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.3217391384685%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 23.79kcal (1.19%), Fat: 1.31g (2.02%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.38g (0.42%), Cholesterol: 15.67mg (5.22%), Sodium: 49.71mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin B12: 0.31µg (5.09%), Selenium: 1.74µg (2.49%), Vitamin K: 2.23µg (2.13%), Vitamin A: 95.92IU (1.92%), Magnesium: 7.43mg (1.86%), Phosphorus: 17.3mg (1.73%), Vitamin B2: 0.03mg (1.67%), Iron: 0.28mg (1.56%), Vitamin B5: 0.12mg (1.17%), Folate: 4.4µg (1.1%), Manganese: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.09%), Calcium: 10.57mg (1.06%), Vitamin B1: 0.02mg (1.01%)