



Homemade Lady Fingers

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



51 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 4 egg whites beaten
- 4 egg yolks
- 0.8 cup flour sifted
- 1 pinch salt
- 0.5 cup sugar
- 1 teaspoon vanilla

Equipment

- baking sheet
- oven
- whisk
- mixing bowl
- blender
- hand mixer
- pastry bag

Directions

- Preheat the oven to 350 degrees F. Grease and flour 2 baking sheets with 2 tablespoons butter and 2 tablespoons of flour. Mark parallel lines in the flour across the width of the tray about 4 inches apart.
- Put the eggs and sugar in a large mixing bowl, and with an electric mixer fitted with a wire whisk beat on medium-high speed until the mixture is pale yellow, thick, and has tripled in volume, about 8 minutes, using the mixer.
- Add the egg whites, remaining 3/4 cup flour, salt and vanilla, fold to mix thoroughly so the mixture is smooth. Fill a large pastry bag with a 3/4-inch plain tube with the mixture. Pipe fingers about 4 1/2-inches in length on to the baking sheet, using the lines as a guide. Dust the ladyfingers with powdered sugar.
- Bake until for 15 to 18 minutes, or until just firm on the outside and soft in the center.

Nutrition Facts



PROTEIN 11.23% **FAT 31.7%** **CARBS 57.07%**

Properties

Glycemic Index:8.13, Glycemic Load:5.07, Inflammation Score:-1, Nutrition Score:1.2860869732888%

Nutrients (% of daily need)

Calories: 51.37kcal (2.57%), Fat: 1.8g (2.77%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 7.19g (2.62%), Sugar: 4.24g (4.71%), Cholesterol: 34.91mg (11.64%), Sodium: 18.99mg (0.83%), Alcohol: 0.06g (100%), Alcohol %: 0.42% (100%), Protein: 1.44g (2.87%), Selenium: 4.04µg (5.77%), Vitamin B2: 0.06mg (3.44%), Folate: 11.76µg (2.94%), Vitamin B1: 0.04mg (2.41%), Phosphorus: 16.96mg (1.7%), Iron: 0.27mg (1.5%), Manganese: 0.03mg (1.47%), Vitamin A: 72.42IU (1.45%), Vitamin B3: 0.24mg (1.19%), Vitamin B5: 0.12mg

(1.18%), Vitamin D: 0.16 μ g (1.08%), Vitamin B12: 0.06 μ g (1.08%)