



Honey-Almond Madeleines

READY IN



38 min.

SERVINGS



12

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 12 servings butter for greasing molds
- ☐ 2 large egg whites at room temperature
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon lemon zest
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 tablespoons water
- ☐ 1 cup duncan hines classic decadent cake mix yellow (recommended: Betty Crocker Supermoist Butter Recipe)

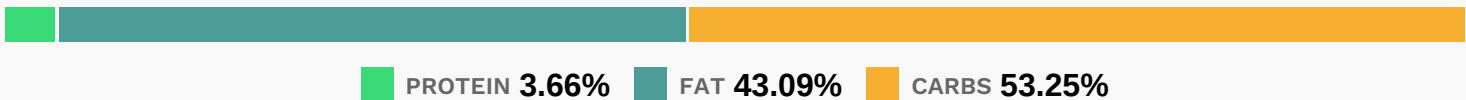
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12 (3-inch) nonstick madeleine molds
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 325 degrees F. Butter 12 madeleine molds liberally with butter. Dust with flour and set aside.
- ☐ Batter: In a medium bowl, using an electric hand mixer, beat the egg whites until frothy.
- ☐ Add the cake mix, butter, honey, water, lemon zest, and almond extract. Beat the ingredients on low speed for 30 seconds. Increase the speed to high and beat until the batter is smooth, about 2 minutes. Spoon the batter into the prepared molds.
- ☐ Bake until the edges are golden and the center of the cookies spring back when touched, about 15 to 16 minutes. Cool for 5 minutes. Using a small rubber spatula, remove the madeleines and arrange, scalloped side up, on a wire rack. Cool for 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:2.0517391290354%

Nutrients (% of daily need)

Calories: 153.03kcal (7.65%), Fat: 7.45g (11.47%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 20.42g (7.43%), Sugar: 12.93g (14.37%), Cholesterol: 18.27mg (6.09%), Sodium: 185.57mg (8.07%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.42g (2.85%), Phosphorus: 64.26mg (6.43%), Calcium: 45.1mg (4.51%), Vitamin B2: 0.08mg (4.42%), Vitamin A: 212.66IU (4.25%), Folate: 14.05µg (3.51%), Vitamin B1:

0.05mg (3.1%), Selenium: 1.82µg (2.6%), Vitamin E: 0.38mg (2.53%), Iron: 0.44mg (2.46%), Vitamin B3: 0.47mg (2.37%), Manganese: 0.04mg (2.15%), Fiber: 0.3g (1.2%), Vitamin K: 1.17µg (1.11%)