



Honey & vanilla madeleines

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 100 g flour plain for dusting
- ☐ 100 g sugar
- ☐ 100 g butter melted
- ☐ 1 egg whites whole separated
- ☐ 1 tbsp clear honey
- ☐ 1 tsp vanilla extract

Equipment

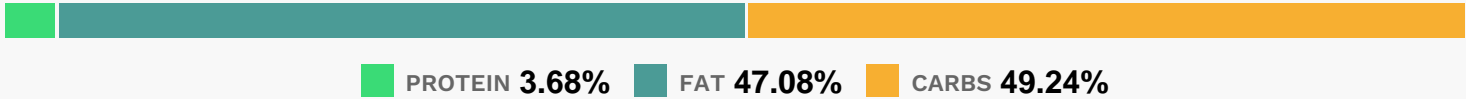
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Butter a 12-hole madeleine mould (use a tiny amount of the melted butter) and dust lightly with flour. You can use tartlet tins if you don't have the a madeleine mould.
- ☐ Mix the flour and sugar in a bowl.
- ☐ Put the butter, egg yolk, honey and vanilla into a separate bowl and whisk with a fork to mix.
- ☐ Whisk the two egg whites until stiff. Fold the butter mixture into the dry ingredients until evenly mixed, then fold in the egg whites in two batches using the whisk.
- ☐ Divide between the prepared moulds and bake for 10-12 mins until golden brown and firm to the touch. Leave to cool in the moulds for a few mins, then turn out and cool on a wire rack. Dust with icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:8.94, Inflammation Score:-1, Nutrition Score:1.2573913093656%

Nutrients (% of daily need)

Calories: 103.84kcal (5.19%), Fat: 5.5g (8.46%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.75g (4.64%), Sugar: 7.87g (8.75%), Cholesterol: 14.33mg (4.78%), Sodium: 46.47mg (2.02%), Alcohol: 0.1g (100%), Alcohol %: 0.52% (100%), Protein: 0.97g (1.94%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.05mg (3.52%), Vitamin A: 166.6IU (3.33%), Folate: 12.51µg (3.13%), Vitamin B2: 0.05mg (2.71%), Manganese: 0.05mg (2.39%), Vitamin B3: 0.4mg (2.01%), Iron: 0.32mg (1.79%), Vitamin E: 0.16mg (1.06%)