



## Lemon-Thyme Cornbread Madeleines

READY IN



74 min.

SERVINGS



100

CALORIES



29 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup sugar

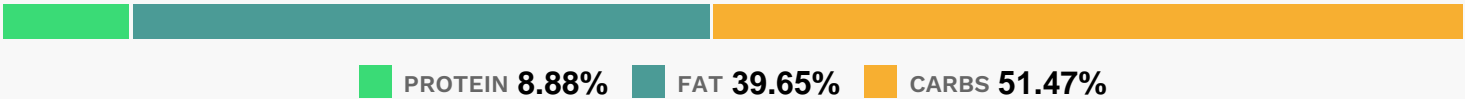
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

# Directions

- ☐ Preheat oven to 40
- ☐ Whisk together cornmeal mix, flour, sugar, lemon zest, and thyme in a large bowl.
- ☐ Add buttermilk, melted butter, and eggs.
- ☐ Whisk together just until blended. Spoon batter into lightly greased shiny madeleine pans, filling three-fourths full.
- ☐ Bake, in batches, 16 to 18 minutes or until golden brown.
- ☐ Remove from pans immediately.
- ☐ Serve hot, or cool completely on wire racks (about 20 minutes), and freeze in zip-top plastic freezer bags up to 1 month. To serve, arrange desired amount of madeleines on a baking sheet, and bake at 350 for 5 to 6 minutes or until thoroughly heated.

# Nutrition Facts



# Properties

Glycemic Index:2.71, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.0073913173831%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

# Nutrients (% of daily need)

Calories: 28.67kcal (1.43%), Fat: 1.28g (1.97%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.74g (0.82%), Cholesterol: 6.69mg (2.23%), Sodium: 58.63mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Phosphorus: 29.22mg (2.92%), Folate: 10.9µg (2.73%), Vitamin B1: 0.03mg (2.13%), Vitamin B2: 0.03mg (1.85%), Calcium: 16.98mg (1.7%), Iron: 0.23mg (1.27%),

Manganese: 0.02mg (1.18%), Vitamin B3: 0.22mg (1.1%), Vitamin A: 54.8IU (1.1%), Selenium: 0.71µg (1.02%)