



Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



137 kcal

DESSERT

Ingredients

- 1 cup flour
- 2 large eggs
- 0.5 teaspoon lemon zest grated
- 20 servings powdered sugar
- 1 pinch salt
- 0.7 cup sugar
- 10 tablespoons butter unsalted cooled melted ()
- 1 teaspoon vanilla extract

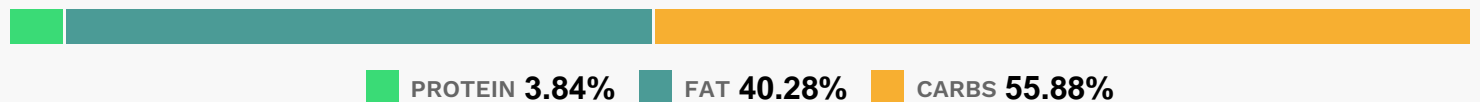
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 375°F. Generously butter and flour pan for large madeleines (about 3 x 1 1/4 inches).* Using electric mixer, beat eggs and 2/3 cup sugar in large bowl just to blend. Beat in vanilla, lemon peel and salt.
- Add flour; beat just until blended. Gradually add cooled melted butter in steady stream, beating just until blended.
- Spoon 1 tablespoon batter into each indentation in pan.
- Bake until puffed and brown, about 16 minutes. Cool 5 minutes. Gently remove from pan. Repeat process, buttering and flouring pan before each batch. (Can be made 1 day ahead.)
- Dust cookies with powdered sugar.
- *A metal mold with scallop-shaped indentations, sold at cookware stores.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:8.1, Inflammation Score:-1, Nutrition Score:1.6469565208839%

Nutrients (% of daily need)

Calories: 137.48kcal (6.87%), Fat: 6.24g (9.59%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 19.29g (7.02%), Sugar: 14.54g (16.16%), Cholesterol: 33.65mg (11.22%), Sodium: 10.18mg (0.44%), Alcohol: 0.07g (100%), Alcohol %: 0.26% (100%), Protein: 1.34g (2.67%), Selenium: 3.81µg (5.45%), Vitamin A: 201.96IU (4.04%), Folate: 14µg (3.5%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.43%), Manganese: 0.05mg (2.27%), Iron: 0.39mg (2.15%), Vitamin B3: 0.38mg (1.88%), Phosphorus: 18.35mg (1.83%), Vitamin E: 0.22mg (1.46%), Vitamin D: 0.2µg (1.37%), Vitamin B5: 0.11mg (1.12%)