

Madeleines

READY IN



45 min.

SERVINGS



36

CALORIES



70 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.3 cups cake flour sifted (not self-rising; sift before measuring)
- 3 large eggs
- 0.7 cup granulated sugar
- 2 teaspoons lemon zest fresh finely grated
- 0.3 teaspoon salt
- 0.8 cup butter unsalted cooled melted for brushing molds
- 1 teaspoon vanilla

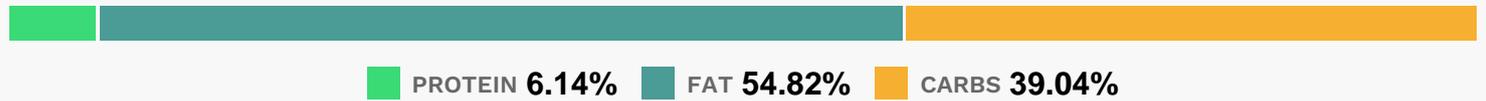
Equipment

- bowl
- oven
- blender
- hand mixer

Directions

- Set oven racks in upper and lower thirds of oven and preheat oven to 350°F.
- Brush molds with some melted butter.
- Sift together flour, baking powder, and salt.
- Beat eggs in a large bowl with an electric mixer at high speed until light and foamy, about 30 seconds with a standing mixer or 1 minute with a handheld, then beat in vanilla. Gradually add granulated sugar, beating constantly at high speed, and continue to beat until mixture is tripled in volume, about 3 minutes with standing mixer or 5 minutes with handheld.
- Sift flour mixture in 3 or 4 batches over egg, folding in each batch until just combined. Then fold in zest and 3/4 cup melted butter.
- Spoon a rounded tablespoon of batter into each mold (they will be about two-thirds full) and bake in upper and lower thirds of oven (2 pans will fit on 1 rack), switching position of pans halfway through baking, until golden around edges and a tester inserted in centers comes out clean, 10 to 12 minutes total.
- Invert madeleines onto a rack and dust scalloped sides with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:0.96043476915878%

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 4.32g (6.64%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.8g (2.47%), Sugar: 3.75g (4.16%), Cholesterol: 25.67mg (8.56%), Sodium: 28.62mg (1.24%),

Alcohol: 0.04g (100%), Alcohol %: 0.28% (100%), Protein: 1.09g (2.17%), Selenium: 3.07µg (4.39%), Vitamin A: 140.82IU (2.82%), Manganese: 0.04mg (1.81%), Phosphorus: 14.83mg (1.48%), Vitamin B2: 0.02mg (1.42%), Vitamin E: 0.17mg (1.14%), Vitamin D: 0.15µg (1.03%)