



Madeleines With Irish Whiskey Fudge

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

DESSERT

Ingredients

- 150 grams flour
- 120 grams butter melted
- 100 grams granulated sugar
- 2 eggs
- 1 tablespoon cup heavy whipping cream fresh
- 1 teaspoon double-acting baking powder for cakes
- 1 tablespoon coffee instant
- 5 irish whiskey fudge

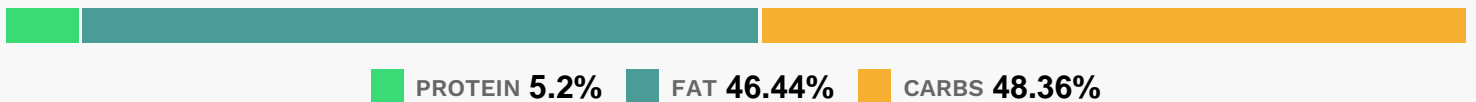
Equipment

- bowl
- oven
- whisk
- plastic wrap
- microwave

Directions

- In the global or electric whisk, beat eggs with sugar until the mixture is white and fluffy.
- Soften the butter in the microwave for a few seconds.
- Add flour sifted with baking powder and stir with a whisk, add the butter, milk and instant coffee powder.
- Cover the bowl with the plastic wrap and let stand in refrigerator for at least half an hour, the thermal shock will inflate the madeleine.
- Preheat the oven to 220C.
- Pour a teaspoon of dough into each cell previously brushed with melted butter and tableware mold (my Silikomart) over a perforated tray.
- Bake at this temperature for 4 minutes, then lower it to 180C and cook for 5-6 minutes.
- Did those in the case too quickly, lower the oven temperature has increased by one minute cooking.

Nutrition Facts



Properties

Glycemic Index:84.02, Glycemic Load:46.23, Inflammation Score:-6, Nutrition Score:10.15652173913%

Taste

Sweetness: 100%, Saltiness: 20.61%, Sourness: 2.4%, Bitterness: 1.23%, Savoriness: 11.51%, Fattiness: 77.45%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 584.13kcal (29.21%), Fat: 30.44g (46.83%), Saturated Fat: 18.4g (115.01%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 69.94g (25.43%), Sugar: 40.79g (45.33%), Cholesterol: 153.55mg (51.18%), Sodium: 342.18mg (14.88%), Caffeine: 40.95mg (13.65%), Protein: 7.67g (15.34%), Selenium: 20.72µg (29.6%), Vitamin B1: 0.31mg (20.74%), Folate: 80.86µg (20.22%), Vitamin B2: 0.33mg (19.22%), Vitamin A: 957.41IU (19.15%), Manganese: 0.37mg (18.71%), Iron: 2.69mg (14.94%), Phosphorus: 134.22mg (13.42%), Vitamin B3: 2.64mg (13.18%), Calcium: 98.81mg (9.88%), Copper: 0.14mg (7.19%), Vitamin E: 1.02mg (6.81%), Magnesium: 23.76mg (5.94%), Vitamin B5: 0.57mg (5.75%), Fiber: 1.38g (5.5%), Zinc: 0.83mg (5.5%), Vitamin B12: 0.27µg (4.53%), Potassium: 154.67mg (4.42%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.06mg (2.95%), Vitamin K: 2.72µg (2.59%)