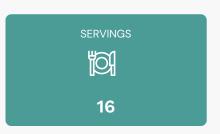


## **Orange-Blossom-Honey Madeleines**

Vegetarian







DESSERT

## **Ingredients**

| 0.5 teaspoon double-acting baking powder |
|--|
| 2 large eggs                             |
| 0.8 cup flour all-purpose                |
| 0.1 teaspoon kosher salt                 |
| 2 tablespoons orange-flower water        |
| 0.5 teaspoon orange zest finely grated   |
| 0.3 cup sugar                            |

5 tablespoons butter unsalted cooled melted plus more for molds

|  | 2 teaspoons vanilla extract  |
|--|--|
| Eq   | juipment   |
|  | bowl   |
|  | frying pan   |
|  | baking sheet   |
|  | oven   |
|  | hand mixer   |
| Di   | rections   |
|  | Sift flour, baking powder, and salt into amedium bowl. Using an electric mixer, beateggs and sugar in a large bowl until paleyellow and thick, about 4 minutes. Beatin honey, vanilla, and orange zest. Gentlyfold in dry ingredients. |
|  | Add 5 tablespoons meltedbutter; gently fold into batter. Press plasticwrap directly onto surface of batter; chillfor at least 3 hours. DO AHEAD: Can be made1 day ahead. Keep chilled.   |
|  | Position a rack in center of oven; preheatto 400°F. Lightly brush madeleine molds withbutter.  |
|  | Place pan on a baking sheet. Drop1 scant tablespoon batter into each mold.   |
|  | Bakeuntil golden and a tester inserted into centercomes out clean, about 10 minutes.   |
|  | Remove pan from oven, invert, andquickly knock madeleines out of pan.  |
|  | Servewarm on their own or with Ginger-Yogurt   |
|  | Mousse with Pistachio Meringue.  |
| Nutrition Facts  |  |
|  | PROTEIN 7.27% FAT 48.14% CARBS 44.59%  |
| Properties Glycemic Index:14.82, Glycemic Load:6.18, Inflammation Score:-1, Nutrition Score:1.6360869449766% |  |

## **Nutrients** (% of daily need)

Calories: 79.24kcal (3.96%), Fat: 4.21g (6.48%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.62g (3.13%), Sugar: 4.26g (4.74%), Cholesterol: 32.66mg (10.89%), Sodium: 40.98mg (1.78%),

Alcohol: 0.17g (100%), Alcohol %: 0.94% (100%), Protein: 1.43g (2.86%), Selenium: 3.97μg (5.68%), Vitamin B2: 0.06mg (3.55%), Folate: 13.81μg (3.45%), Vitamin B1: 0.05mg (3.26%), Vitamin A: 143.34lU (2.87%), Phosphorus: 22.53mg (2.25%), Iron: 0.4mg (2.22%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.36mg (1.78%), Calcium: 12.98mg (1.3%), Vitamin D: 0.19μg (1.27%), Vitamin B5: 0.13mg (1.27%), Vitamin E: 0.17mg (1.14%), Vitamin B12: 0.06μg (1.05%)