



Orange-Blossom-Honey Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



79 kcal

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

Equipment

bowl

frying pan

baking sheet

oven

hand mixer

Directions

Sift flour, baking powder, and salt into a medium bowl. Using an electric mixer, beat eggs and sugar in a large bowl until pale yellow and thick, about 4 minutes. Beat in honey, vanilla, and orange zest. Gently fold in dry ingredients.

Add 5 tablespoons melted butter; gently fold into batter. Press plastic wrap directly onto surface of batter; chill for at least 3 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.

Position a rack in center of oven; preheat to 400°F. Lightly brush madeleine molds with butter.

Place pan on a baking sheet. Drop 1 scant tablespoon batter into each mold.

Bake until golden and a tester inserted into center comes out clean, about 10 minutes.

Remove pan from oven, invert, and quickly knock madeleines out of pan.

Serve warm 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: 143.34IU (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%)