



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

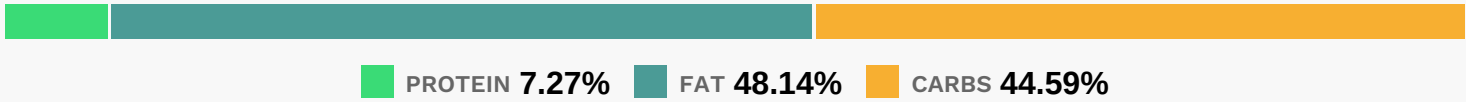
Equipment

- ☐ 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



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%)