



Orange Butter Shells

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 lb butter at room temperature
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 tablespoons orange peel grated
- ☐ 18 servings powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

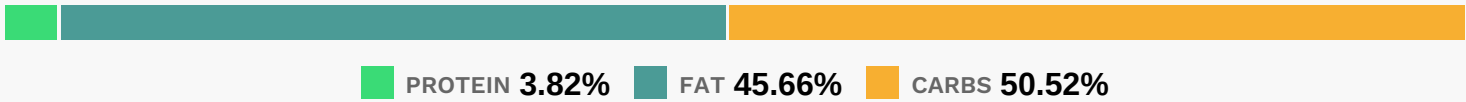
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Lightly butter 18 madeleine molds (1 1/2 to 2 1/2 in. long; see notes) or coat lightly with cooking oil spray.
- ☐ In a bowl, with a mixer on high speed, beat butter and granulated sugar until smooth. Beat in egg, egg yolk, orange peel, and vanilla until well blended, scraping down sides of bowl as necessary.
- ☐ In a small bowl, mix flour, baking powder, and salt. With mixer on low speed, beat flour mixture into butter mixture until well incorporated. Pinch off 1-inch balls of dough and press evenly into prepared madeleine molds.
- ☐ Bake cookies in a 325 regular or convection oven until edges are lightly browned and centers feel dry and firm to the touch, 12 to 14 minutes. Immediately invert pans to release cookies onto racks and dust shell-patterned sides with powdered sugar.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:13.52, Inflammation Score:-3, Nutrition Score:2.945217381353%

Nutrients (% of daily need)

Calories: 212.3kcal (10.61%), Fat: 10.9g (16.76%), Saturated Fat: 6.68g (41.72%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 26.7g (9.71%), Sugar: 16.23g (18.03%), Cholesterol: 47.62mg (15.87%), Sodium: 130.05mg (5.65%), Alcohol: 0.08g (100%), Alcohol %: 0.2% (100%), Protein: 2.05g (4.1%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.11mg (7.54%), Folate: 28.63µg (7.16%), Vitamin A: 345.59IU (6.91%), Vitamin B2: 0.09mg (5.55%), Manganese: 0.1mg

(4.86%), Vitamin B3: 0.83mg (4.17%), Iron: 0.75mg (4.15%), Phosphorus: 29.76mg (2.98%), Vitamin E: 0.36mg (2.37%), Fiber: 0.43g (1.71%), Calcium: 15.42mg (1.54%), Vitamin B5: 0.15mg (1.48%), Copper: 0.02mg (1.23%), Zinc: 0.17mg (1.13%), Vitamin B12: 0.06µg (1.08%)