



## Orange Madeleines

 Vegetarian

READY IN



42 min.

SERVINGS



2

CALORIES



631 kcal

DESSERT

### Ingredients

- 1 eggs separated
- 0.5 cup granulated sugar
- 1 cup flour all-purpose
- 0.5 cup milk
- 2 tablespoons vegetable oil
- 1 tablespoon orange juice orange-flavored
- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons orange zest grated

- 0.3 teaspoon salt
- 1 serving powdered sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 375°F. Grease and flour twenty-four 3-inch madeleine molds. Beat egg white in small bowl with electric mixer on high speed until foamy. Beat in 1/4 cup of the granulated sugar, 1 tablespoon at a time. Continue beating until stiff and glossy; set meringue aside.
- Beat egg yolk, remaining 1/4 cup granulated sugar and remaining ingredients except powdered sugar in medium bowl with electric mixer on high speed 2 minutes, scraping bowl occasionally. Fold in meringue.
- Fill molds two-thirds full. Tap pan firmly on counter to remove air bubbles.
- Bake 10 to 12 minutes or until edges are light brown. Cool slightly before removing from pan. Cool on wire rack.
- Sprinkle with powdered sugar just before serving.

## Nutrition Facts



## Properties

Glycemic Index:163.55, Glycemic Load:71.7, Inflammation Score:-5, Nutrition Score:15.735652260158%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 630.71kcal (31.54%), Fat: 18.44g (28.36%), Saturated Fat: 4g (24.98%), Carbohydrates: 106.58g (35.53%), Net Carbohydrates: 104.71g (38.08%), Sugar: 57.71g (64.12%), Cholesterol: 89.16mg (29.72%), Sodium: 665.07mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Selenium: 29.45µg (42.08%), Vitamin B1: 0.54mg (36.2%), Folate: 127.71µg (31.93%), Vitamin B2: 0.51mg (29.86%), Calcium: 277.08mg (27.71%), Vitamin K: 25.46µg (24.24%), Phosphorus: 240.16mg (24.02%), Manganese: 0.44mg (21.96%), Iron: 3.68mg (20.43%), Vitamin B3: 3.82mg (19.09%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.86mg (8.62%), Vitamin C: 6.29mg (7.62%), Fiber: 1.87g (7.48%), Vitamin D: 1.11µg (7.41%), Zinc: 0.99mg (6.57%), Magnesium: 25.79mg (6.45%), Potassium: 210.65mg (6.02%), Copper: 0.12mg (5.79%), Vitamin B6: 0.11mg (5.41%), Vitamin A: 240.92IU (4.82%)