



Orange-Rosemary Cornbread Madeleines

READY IN



74 min.

SERVINGS



100

CALORIES



29 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 tablespoons rosemary fresh finely chopped
- ☐ 2 tablespoons orange zest
- ☐ 0.3 cup sugar

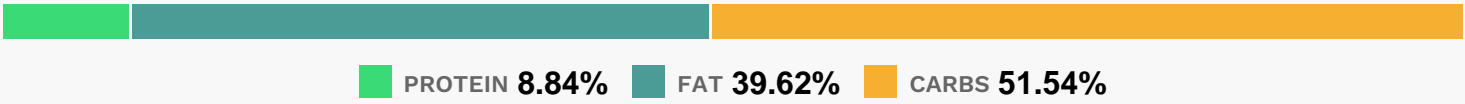
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together cornmeal mix, flour, 1/4 cup sugar, orange zest, and rosemary in a large bowl.
- ☐ Add buttermilk, melted butter, and eggs.
- ☐ Whisk together just until blended. Spoon batter into lightly greased shiny madeleine pans, filling three-fourths full.
- ☐ Bake, in batches, 16 to 18 minutes or until golden brown.
- ☐ Remove from pans immediately.
- ☐ Serve hot, or cool completely on wire racks (about 20 minutes), and freeze in zip-top plastic freezer bags up to 1 month. To serve, arrange desired amount of madeleines on a baking sheet, and bake at 350 for 5 to 6 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.99782610133938%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 28.73kcal (1.44%), Fat: 1.28g (1.97%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.74g (0.82%), Cholesterol: 6.69mg (2.23%), Sodium: 58.63mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Phosphorus: 29.19mg (2.92%), Folate: 10.93µg (2.73%), Vitamin B1: 0.03mg (2.13%), Vitamin B2: 0.03mg (1.84%), Calcium: 16.91mg (1.69%), Iron: 0.22mg (1.22%),

Manganese: 0.02mg (1.13%), Vitamin B3: 0.22mg (1.1%), Vitamin A: 52.82IU (1.06%), Selenium: 0.71µg (1.02%)