



Orange-Spice Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



123 kcal

DESSERT

Ingredients

- 2 ounces almond paste cut into chunks
- 0.5 teaspoon double-acting baking powder
- 6 tablespoons butter at room temperature
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 cup milk

- 1 teaspoon orange zest grated
- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla

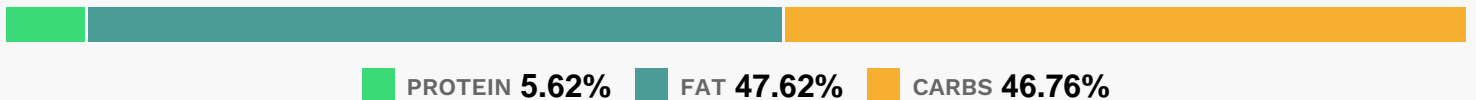
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- In a large bowl, with your fingers or a pastry blender, rub or cut almond paste into sugar until well blended. With a mixer on medium speed, beat in butter until smooth. Beat in egg, orange peel, and vanilla, scraping down sides of bowl as necessary. Stir in milk.
- In another bowl, mix flour with baking powder, cinnamon, cloves, and salt. Stir into butter mixture until well blended. Spoon batter into buttered and floured 2-inch-long madeleine molds (fill each hollow about 3/4 full).
- Bake in a 350 oven until tops of madeleines are lightly browned and spring back when gently pressed, 12 to 15 minutes. Invert the pan over a rack to release madeleines.
- Serve warm, or cool completely and store airtight.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:8.82, Inflammation Score:-2, Nutrition Score:2.4013043467117%

Nutrients (% of daily need)

Calories: 122.8kcal (6.14%), Fat: 6.61g (10.16%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 14.18g (5.16%), Sugar: 8.93g (9.92%), Cholesterol: 26.88mg (8.96%), Sodium: 82.41mg (3.58%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.75g (3.51%), Selenium: 3.75µg (5.36%), Manganese:

0.1mg (4.96%), Vitamin E: 0.73mg (4.89%), Vitamin B2: 0.08mg (4.58%), Folate: 17.12µg (4.28%), Vitamin B1: 0.06mg (4.07%), Vitamin A: 179.37IU (3.59%), Phosphorus: 35.27mg (3.53%), Calcium: 27.75mg (2.78%), Iron: 0.47mg (2.58%), Vitamin B3: 0.47mg (2.33%), Magnesium: 8.14mg (2.03%), Fiber: 0.42g (1.66%), Copper: 0.03mg (1.58%), Zinc: 0.18mg (1.23%), Vitamin B12: 0.07µg (1.22%), Vitamin B5: 0.12mg (1.18%), Potassium: 35.99mg (1.03%)