



Red Velvet Madeleines

READY IN



45 min.

SERVINGS



100

CALORIES



28 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 cup butter melted
- 1.3 cups cake flour
- 2 egg yolks
- 3 large eggs
- 2 tablespoons liquid food coloring red
- 0.8 cup granulated sugar
- 0.3 teaspoon salt
- 2 tablespoons cocoa unsweetened

1 teaspoon vanilla extract

Equipment

oven

hand mixer

Directions

Preheat oven to 40

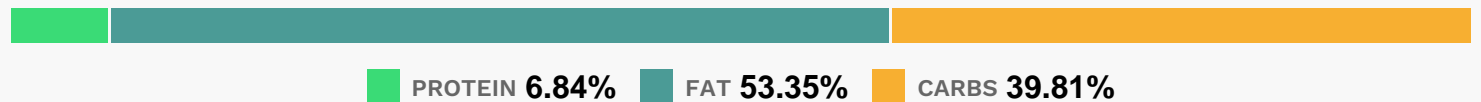
Beat first 4 ingredients at medium-high speed with an electric mixer 5 minutes or until thick and pale.

Add butter and food coloring, beating until blended.

Sift together cake flour and next 3 ingredients; fold into egg mixture. Spoon batter into 2 lightly greased shiny madeleine pans, filling three-fourths full (about 1 Tbsp. per madeleine).

Bake at 400 for 8 to 10 minutes or until centers of madeleines spring back when lightly touched. Immediately remove from pans to wire racks, and cool completely (about 20 minutes). Dust with powdered sugar just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:0.45000000071266%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.66kcal (1.38%), Fat: 1.66g (2.56%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.52g (1.69%), Cholesterol: 13.13mg (4.38%), Sodium: 21.26mg (0.92%), Alcohol: 0.01g (100%), Alcohol %: 0.24% (100%), Protein: 0.48g (0.96%), Selenium: 1.36µg (1.95%), Vitamin A: 55.87IU (1.12%)