



Spiced Madeleines

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander
- ☐ 3 tablespoons brown sugar light packed

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 6 tablespoons butter unsalted melted for greasing molds ()

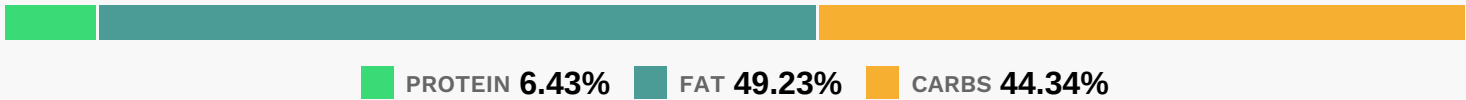
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Brush molds with some melted butter, then chill until set, about 5 minutes.
- ☐ Brush molds again with some melted butter and chill pan.
- ☐ Sift together flour, baking powder, spices, and a pinch of salt.
- ☐ Whisk together sugars and eggs until combined well.
- ☐ Add flour mixture and whisk until just combined, then stir in remaining butter (6 tablespoons) until just incorporated. 3Spoon batter into molds, filling them about two thirds full.
- ☐ Bake 5 minutes, then reduce oven temperature to 350°F and bake until springy to the touch and edges are lightly browned, 4 to 6 minutes. Turn out onto a rack and cool 15 minutes. Just before serving, dust with confectioners sugar.
- ☐ *Available at many cookware shops and Bridge Kitchenware (800-274-3435).

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:7.32, Inflammation Score:-2, Nutrition Score:2.4021738965226%

Nutrients (% of daily need)

Calories: 118.89kcal (5.94%), Fat: 6.59g (10.14%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 13.06g (4.75%), Sugar: 7.14g (7.93%), Cholesterol: 46.05mg (15.35%), Sodium: 49.03mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Selenium: 5.36µg (7.66%), Vitamin B2: 0.08mg

(4.72%), Folate: 18.5µg (4.62%), Vitamin A: 220.33IU (4.41%), Vitamin B1: 0.07mg (4.36%), Manganese: 0.08mg (3.8%), Phosphorus: 34.55mg (3.45%), Iron: 0.59mg (3.3%), Calcium: 31.28mg (3.13%), Vitamin B3: 0.48mg (2.39%), Vitamin D: 0.27µg (1.81%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.09µg (1.43%), Fiber: 0.3g (1.22%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.09%)