



Spicy White Cheddar Cornbread Madeleines

READY IN



74 min.

SERVINGS



100

CALORIES



31 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
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup cheddar cheese shredded white finely

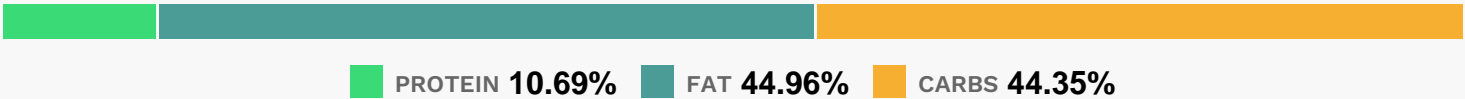
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together cornmeal mix, flour, sugar, cheese, and ground red pepper 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:2.85, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.0847826091492%

Nutrients (% of daily need)

Calories: 31.05kcal (1.55%), Fat: 1.57g (2.41%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.48g (0.54%), Cholesterol: 7.54mg (2.51%), Sodium: 64.16mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Phosphorus: 33.04mg (3.3%), Folate: 11.05µg (2.76%), Calcium: 22.61mg (2.26%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (2.05%), Selenium: 0.95µg (1.36%), Vitamin A: 62.01IU (1.24%), Iron: 0.22mg (1.21%), Manganese: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.1%)