



Yoghurt Honey Madeleines

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



81 kcal

DESSERT

Ingredients

- 70 g eggs
- 20 g honey
- 50 g sugar
- 40 g yogurt
- 90 g flour plain
- 0.5 tsp double-acting baking powder
- 70 g butter melted

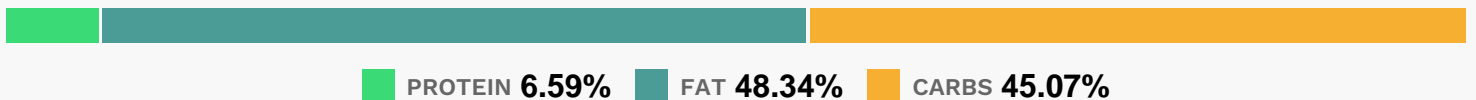
Equipment

- oven
- whisk
- wire rack
- skewers

Directions

- Grease mould with some soft butter and set aside.
- Gently whisk egg, then add in sugar and honey into it.
- Whisk till sugar dissolved.
- Add in natural yoghurt and whisk vigorously till batter becomes foamy.
- Then gradually add in sifted flour and baking powder into batter mix till combined and becomes a thick paste.
- Lastly add in melted butter in two batches and mix well.
- Scoop batter into mould with a spoon.
- Bake at preheated oven 180C for about 12 minutes or skewer inserted comes out clean.
- Remove Madeleines from mould and place on wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:1.5804347826087%

Taste

Sweetness: 96.13%, Saltiness: 34.7%, Sourness: 25.31%, Bitterness: 5.73%, Savoriness: 21.66%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 4.38g (6.75%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 9.04g (3.29%), Sugar: 4.58g (5.09%), Cholesterol: 27.74mg (9.25%), Sodium: 54.32mg (2.36%), Protein: 1.34g (2.69%), Selenium: 3.6µg (5.15%), Folate: 13.53µg (3.38%), Vitamin B2: 0.06mg (3.38%), Vitamin B1: 0.05mg (3.33%), Vitamin A: 144.46IU (2.89%), Phosphorus: 22.79mg (2.28%), Manganese: 0.04mg (2.18%), Iron:

0.39mg (2.15%), Vitamin B3: 0.36mg (1.82%), Calcium: 16.98mg (1.7%), Vitamin B5: 0.11mg (1.14%), Vitamin E: 0.16mg (1.08%)