



German Anise Christmas Cookies (Springerle)



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon anise seed crushed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 pound confectioners' sugar
- ☐ 4 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 1 tablespoon lemon zest

Equipment

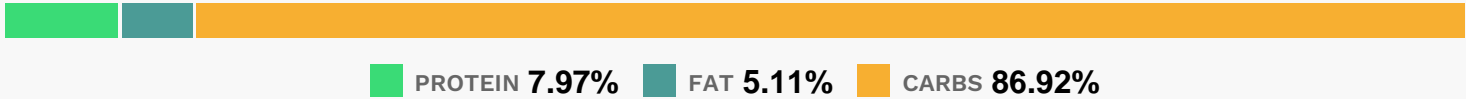
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Sift together the flour and baking powder, set aside. In a large bowl, whip the eggs and sugar until thick and light. Stir in the lemon zest and ground anise.
- ☐ Add the flour mixture, mix well. Cover and chill dough for about an hour.
- ☐ On a lightly floured surface, roll the dough out to 1/2 inch thickness. Traditionally, you would roll over the dough with a springerle rolling pin, but the dough can be cut into small shapes of any kind.
- ☐ Place cookies 1/2 inch apart on baking sheets, sprinkle with anise seed and leave out uncovered, overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake cookies for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:12.99, Inflammation Score:-2, Nutrition Score:4.0943478488404%

Nutrients (% of daily need)

Calories: 170.37kcal (8.52%), Fat: 0.97g (1.49%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 36.31g (13.21%), Sugar: 18.58g (20.65%), Cholesterol: 27.28mg (9.09%), Sodium: 28.98mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Selenium: 10.32µg (14.75%), Vitamin B1: 0.19mg (12.53%), Folate: 46.39µg (11.6%), Vitamin B2: 0.15mg (9.05%), Manganese: 0.17mg (8.42%), Iron: 1.34mg (7.44%), Vitamin B3: 1.4mg (6.99%), Phosphorus: 44.61mg (4.46%), Fiber: 0.7g (2.78%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (2.14%), Calcium: 19.55mg (1.96%), Zinc: 0.27mg (1.83%), Magnesium: 6.54mg (1.64%), Vitamin B6: 0.02mg (1.24%), Potassium: 39.61mg (1.13%), Vitamin B12: 0.07µg (1.09%)