



## German Pfeffernusse

 Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons anise seeds
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 1 cup plus dark
- ☐ 4 cups flour all-purpose divided
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 teaspoon pepper
- ☐ 100 servings powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons water hot

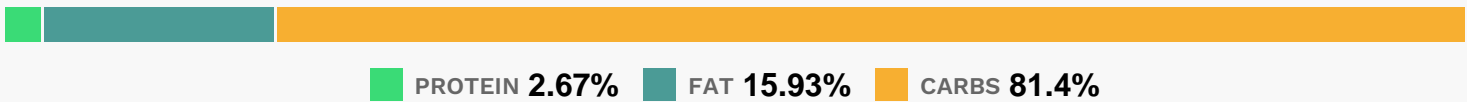
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add syrup, hot water, and next 7 ingredients; beat at low speed until blended. Gradually add 4 cups flour to butter mixture, beating at low speed until blended after each addition.
- ☐ Stir in enough remaining flour to form a stiff dough. Cover and chill 3 to 4 hours.
- ☐ Divide dough into 8 portions; roll each portion into a 1/2- to 3/4-inch-thick rope.
- ☐ Cut ropes into 1-inch lengths, and place 2 inches apart onto ungreased baking sheets.
- ☐ Bake at 350 for 10 to 15 minutes or until golden brown.
- ☐ Remove to wire racks to cool.
- ☐ Roll in powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:0.84913043961253%

## Nutrients (% of daily need)

Calories: 79.24kcal (3.96%), Fat: 1.43g (2.21%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.35g (5.94%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 38.43mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin B1: 0.04mg (2.67%), Selenium: 1.86µg (2.65%), Manganese: 0.05mg (2.3%), Folate: 9.18µg (2.29%), Vitamin B2: 0.03mg (1.63%), Iron: 0.27mg (1.49%), Vitamin B3: 0.3mg (1.49%), Vitamin A: 61.17IU (1.22%)