



Lebkuchen

READY IN



240 min.

SERVINGS



32

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cocoa powder unsweetened
- 1 cup t brown sugar dark packed
- 3.5 oz hazelnuts
- 2.5 oz almonds sliced
- 0.5 cup fruit jell-o® mix mixed finely chopped
- 0.3 cup butter unsalted softened
- 2 cups powdered sugar
- 1 teaspoon ground ginger
- 2.8 cups flour all-purpose

- 2 large eggs
- 0.8 teaspoon salt
- 0.3 teaspoon baking soda
- 0.5 teaspoon ground cloves
- 3 tablespoons water
- 11 sheets you will also need: parchment paper with scissors into 32 (2 1/2-inch) rounds cut ()
- 0.8 cup honey
- 0.5 teaspoon double-acting baking powder
- 1 tablespoon ground cinnamon

Equipment

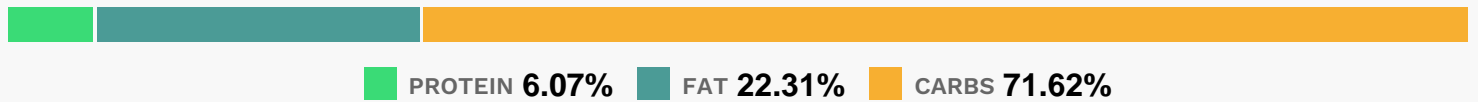
- food processor
- bowl
- baking sheet
- oven
- hand mixer
- wax paper

Directions

- Finely grind nuts with remaining nut flour ingredients in a food processor.
- Beat together brown sugar, honey, and butter in a large bowl with an electric mixer at medium-high speed until creamy.
- Add eggs 1 at a time, beating well after each addition.
- Mix in nut flour at low speed until just blended, then stir in candied fruit.
- Preheat oven to 350°F.
- Arrange rice-paper rounds, shiny sides down, on 2 large baking sheets.
- Roll level 2-tablespoon amounts of dough into balls with dampened hands, then put 1 on each paper round and flatten slightly (dough will spread to cover paper during baking).

- Bake cookies in upper and lower thirds of oven, switching position of sheets halfway through baking, until surface no longer appears wet, about 15 minutes total.
- Transfer to racks to cool.
- Sift confectioners sugar into a bowl, then stir in water until smooth. Evenly brush tops of cooled cookies with icing.
- Let icing set, about 1 hour.
- * Available at Fauchon (212-308-591
- or The
- Baker's Catalogue (800-827-6836).
- These cookies improve with age but icing will darken. If making ahead, do not ice until day of serving. Cookies keep, layered between sheets of wax paper, in an airtight container 1 month.

Nutrition Facts



Properties

Glycemic Index:7.79, Glycemic Load:9.42, Inflammation Score:-2, Nutrition Score:4.8369565282179%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.18kcal (9.71%), Fat: 4.97g (7.65%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 34.46g (12.53%), Sugar: 22.59g (25.1%), Cholesterol: 15.84mg (5.28%), Sodium: 104.94mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Manganese: 0.46mg (22.86%), Selenium: 6.35µg (9.07%), Vitamin B1: 0.13mg (8.92%), Vitamin E: 1.12mg (7.48%), Folate: 29.91µg (7.48%), Vitamin B2: 0.12mg (7.03%), Iron: 1.21mg (6.74%), Copper: 0.13mg (6.33%), Fiber: 1.45g (5.79%), Vitamin B3: 1.05mg (5.26%), Phosphorus: 47.18mg (4.72%), Magnesium: 18.22mg (4.55%), Calcium: 33.68mg (3.37%), Zinc: 0.35mg (2.36%), Potassium:

80.01mg (2.29%), Vitamin B6: 0.04mg (1.91%), Vitamin B5: 0.15mg (1.54%), Vitamin A: 66.08IU (1.32%)