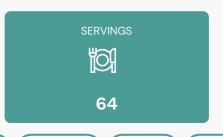


Lebkuchen

Vegetarian







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

O.5 teaspoon baking soda
O.8 cup brown sugar packed
0.3 cup butter
O.5 cup candied orange peel chopped
0.3 cup blackstrap molasses dark
1 large eggs
3.5 cups flour all-purpose
0.8 cup almond flour finely

	0.5 teaspoon ground cardamom
	1 teaspoon ground cinnamon
	0.5 teaspoon ground cloves
	0.3 teaspoon ground ginger
	0.5 cup honey
	2 teaspoons coffee instant
	2 teaspoons juice of lemon
	0.8 cup powdered sugar
	0.1 teaspoon salt
	1.5 teaspoons water
_	_
Eq	juipment
	bowl
	baking sheet
	sauce pan
	baking paper
	oven
	knife
	whisk
	plastic wrap
	measuring cup
Di	rections
	To prepare cookies, combine first 4 ingredients in a medium saucepan over medium heat; cook 3 minutes or until sugar dissolves, stirring constantly (do not boil).
	Pour sugar mixture into a large bowl; cool to room temperature.
	Add coffee and egg to sugar mixture, stirring with a whisk. Stir in almonds and orange peel
	Weigh or lightly spoon flour into dry measuring cups; level with a knife.
	Combine flour and next 6 ingredients (through salt) in a medium bowl.

Add flour mixture to sugar mixture, stirring to form a stiff dough. Turn dough out onto a lightly
floured surface; knead 1 minute or until well combined. Wrap dough in plastic wrap; refrigerate
at least 24 hours.
Preheat oven to 32
Cover two large baking sheets with parchment paper. Divide dough into 4 equal portions.
Working with 1 portion of dough at a time, roll dough into an 8 x 6inch rectangle.
Cut each rectangle into 16 (3 x 1inch) bars; place bars 1 inch apart on prepared baking sheets.
Bake at 325 for 20 minutes or until firm.
Remove from pans; cool on wire racks.
To prepare glaze, combine powdered sugar and remaining ingredients in a small bowl, stirring
until smooth.
Drizzle glaze over warm cookies.
Nutrition Facts
INULITION FACIS
PROTEIN 6.13% FAT 18.77% CARBS 75.1%

Properties

Glycemic Index:3.61, Glycemic Load:5.35, Inflammation Score:-1, Nutrition Score:1.4260869687018%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 71.02kcal (3.55%), Fat: 1.52g (2.33%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.28g (4.83%), Sugar: 8.05g (8.95%), Cholesterol: 4.81mg (1.6%), Sodium: 22.6mg (0.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Manganese: 0.09mg (4.73%), Selenium: 2.88µg (4.11%), Vitamin B1: 0.05mg (3.64%), Folate: 13.02µg (3.26%), Iron: 0.48mg (2.69%), Vitamin B2: 0.04mg (2.3%), Vitamin B3: 0.43mg (2.17%), Fiber: 0.38g (1.5%), Magnesium: 5.36mg (1.34%), Calcium: 10.19mg (1.02%)