



Lebkuchen

 Vegetarian

READY IN



45 min.

SERVINGS



64

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.3 cup butter
- 0.5 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

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- plastic wrap
- measuring cup

Directions

- 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



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, 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: 0g (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%)