

Lebkuchen



Vegetarian



Popular

READY IN



30 min.

SERVINGS



30

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g flour plain
- ☐ 85 g almond flour
- ☐ 2 tsp ground ginger
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp baking soda
- ☐ 200 ml clear honey
- ☐ 1 lemon zest finely grated
- ☐ 85 g butter

- ☐ 1 pinch ground cloves black grated
- ☐ 1 tsp double-acting baking powder
- ☐ 100 g powdered sugar
- ☐ 1 egg whites beaten

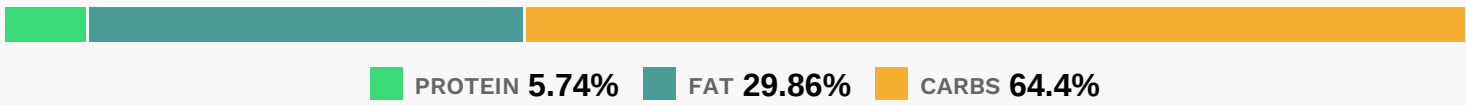
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Tip the dry ingredients into a large bowl.
- ☐ Heat the honey and butter in a pan over a low heat until the butter melts, then pour into the flour mixture along with the lemon zest.
- ☐ Mix well until the dough is combined and fairly solid. Cover and leave to cool.
- ☐ Heat oven to 180C/fan160C/gas
- ☐ Using your hands, roll dough into about 30 balls, each 3cm wide, then flatten each one slightly into a disk. Divide the biscuits between two baking trays lined with baking parchment, leaving room for them to expand.
- ☐ Bake for 15 mins, then cool on a wire rack.
- ☐ To ice the biscuits, mix together the icing sugar, egg white and 1-2 tbsp water to form a smooth, runny icing. Dip the top of each biscuit in the icing and spread with the back of a knife. Leave to dry out in a warm room.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:8.75, Inflammation Score:-1, Nutrition Score:1.7286956423651%

Nutrients (% of daily need)

Calories: 109.98kcal (5.5%), Fat: 3.79g (5.83%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.77g (6.46%), Sugar: 11.25g (12.5%), Cholesterol: 6.09mg (2.03%), Sodium: 57.79mg (2.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.12mg (6.09%), Selenium: 3.22µg (4.6%), Vitamin B1: 0.07mg (4.39%), Folate: 15.61µg (3.9%), Iron: 0.59mg (3.26%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.52mg (2.6%), Fiber: 0.63g (2.52%), Calcium: 18.86mg (1.89%), Vitamin A: 71.2IU (1.42%), Phosphorus: 13.86mg (1.39%)