



Lebkuchen

 Dairy Free

READY IN



45 min.

SERVINGS



90

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 5.3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground cloves
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 3 cups sugar

- ☐ 1.5 cups water
- ☐ 2 tablespoons warm water

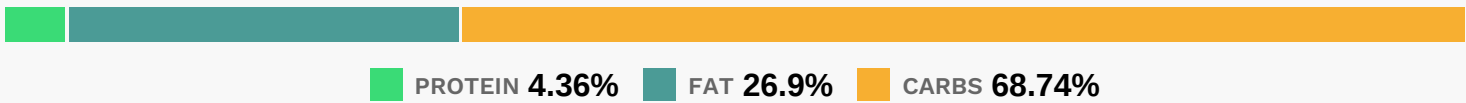
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Combine sugar, water, and butter in a large Dutch oven; bring to a boil.
- ☐ Remove from heat.
- ☐ Add cinnamon, nutmeg, and cloves; stir well, and cool.
- ☐ Dissolve soda in warm water.
- ☐ Add flour, baking powder, and dissolved soda to cooled spice mixture; mix well.
- ☐ Shape dough into three 10- inch-long rolls; wrap in waxed paper, and refrigerate 8 days. Dough will be sticky.
- ☐ Unwrap roll, and cut into 1/4- inch slices.
- ☐ Place cookies on lightly greased baking sheets.
- ☐ Bake at 350 for 12 minutes. Cool on wire racks.
- ☐ Note: For a uniform cookie slice, use a piece of string wrapped around the cookie roll. Wrap the string around the bottom of the roll and criss-cross the ends at the top. Pull string away from roll to slice.
- ☐ This results in a more uniform cookie slice which doesn't affect the shape of the remaining roll.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:8.7, Inflammation Score:-1, Nutrition Score:1.225217377443%

Nutrients (% of daily need)

Calories: 70.72kcal (3.54%), Fat: 2.14g (3.29%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 12.07g (4.39%), Sugar: 6.68g (7.43%), Cholesterol: 0mg (0%), Sodium: 35.1mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin B1: 0.06mg (3.84%), Manganese: 0.08mg (3.84%), Selenium: 2.52µg (3.59%), Folate: 13.4µg (3.35%), Vitamin B2: 0.04mg (2.25%), Vitamin B3: 0.43mg (2.16%), Iron: 0.35mg (1.97%), Vitamin A: 90.41IU (1.81%)