



HEALTH SCORE

75%

Lebkuchen



Vegetarian



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



6135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 1.5 cups blanched almonds and whole
- ☐ 1 ounce candied ginger finely chopped
- ☐ 2 teaspoons cinnamon
- ☐ 3 cups confectioners' sugar
- ☐ 5 large eggs (large)
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 teaspoon ground allspice

- ☐ 1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger
- ☐ 1.5 cups brown sugar light
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup orange marmalade sweet
- ☐ 1 teaspoon salt fine
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.3 cup unsulfured molasses
- ☐ 0.3 cup milk whole

Equipment

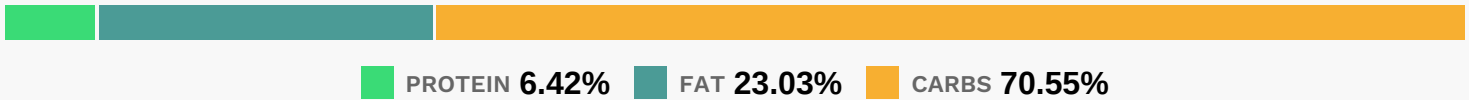
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ice cream scoop

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the almonds on a rimmed baking sheet and toast for about 10 minutes, until fragrant and lightly golden.
- ☐ Let cool completely. In a medium bowl, whisk the flour with the baking powder, cinnamon, ground ginger, cloves, allspice, salt and nutmeg.
- ☐ In a food processor, pulse the cooled almonds until coarsely chopped.
- ☐ Add the brown sugar and pulse until incorporated.
- ☐ Add the marmalade, candied ginger and molasses and pulse until the mixture is well blended and the nuts are finely chopped.

- ☐ Add the eggs all at once and pulse until just incorporated.
- ☐ Add the dry ingredients and pulse until incorporated and the batter is uniform in color. Scrape the soft batter into a bowl, cover and freeze until very firm, at least 4 hours.
- ☐ Preheat the oven to 350 and line 2 large baking sheets with parchment paper. Using a 2-tablespoon ice cream scoop, scoop 8 level mounds onto each baking sheet, about 3 inches apart. Freeze the remaining batter between batches.
- ☐ Bake the cookies in the upper and lower thirds of the oven for about 20 minutes, until risen and slightly firm; shift the pans from top to bottom and front to back halfway through.
- ☐ Transfer the sheets to racks and let the cookies and pans cool completely. Repeat with the remaining batter.
- ☐ In a bowl, whisk the confectioners' sugar with the milk and butter.
- ☐ Spread the cookies with icing and let dry completely before serving or wrapping.

Nutrition Facts



Properties

Glycemic Index:339, Glycemic Load:168.97, Inflammation Score:-10, Nutrition Score:77.475652362989%

Nutrients (% of daily need)

Calories: 6134.51kcal (306.73%), Fat: 161.78g (248.89%), Saturated Fat: 38.83g (242.69%), Carbohydrates: 1115.37g (371.79%), Net Carbohydrates: 1085.06g (394.57%), Sugar: 866.35g (962.61%), Cholesterol: 1027.62mg (342.54%), Sodium: 3724.02mg (161.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 101.41g (202.82%), Manganese: 9.76mg (488.06%), Vitamin E: 48.68mg (324.51%), Selenium: 193.19µg (275.98%), Vitamin B2: 3.93mg (231.3%), Magnesium: 852.93mg (213.23%), Phosphorus: 1951.72mg (195.17%), Iron: 31.04mg (172.42%), Folate: 688.45µg (172.11%), Calcium: 1700.08mg (170.01%), Vitamin B1: 2.51mg (167.36%), Copper: 3.27mg (163.34%), Fiber: 30.31g (121.25%), Vitamin B3: 23.26mg (116.32%), Potassium: 3788.55mg (108.24%), Vitamin B6: 1.56mg (77.9%), Zinc: 11.55mg (77.01%), Vitamin B5: 6.97mg (69.66%), Vitamin A: 2638.45IU (52.77%), Vitamin B12: 2.63µg (43.76%), Vitamin D: 6.3µg (42.01%), Vitamin C: 8.67mg (10.51%), Vitamin K: 8.73µg (8.32%)