



 **75%**  
HEALTH SCORE

## 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

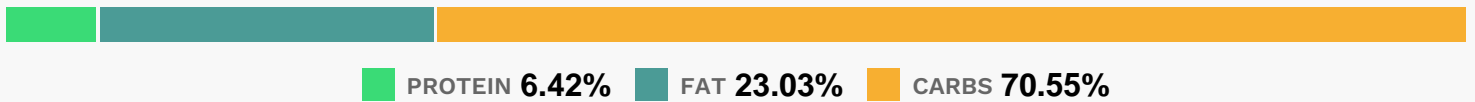
- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- ice cream scoop

## 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: 0g (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%)