

Lebkuchen I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup fruit jell-o® mix mixed
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 1.3 cups honey
- ☐ 1 tablespoon sesame oil light

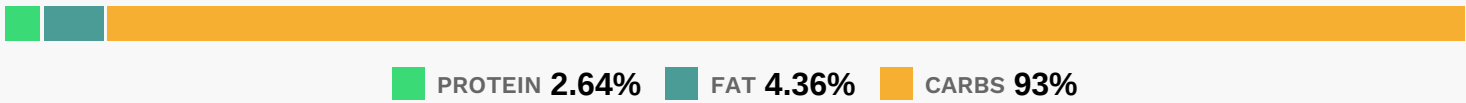
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Spray bottom and sides of a 10 x15 inch glass pan with a non-stick spray. Preheat oven to 325 degrees F (170 degrees C).
- ☐ In a 2 cup glass measuring cup, heat the honey and 1/3 cup sugar in a microwave for 1 minute.
- ☐ Pour this mixture into a medium mixing bowl.
- ☐ Sift together the flour, baking powder, and baking soda.
- ☐ Add to the honey mixture. Stir well.
- ☐ Add and mix in by hand the candied fruit, oil, and spices.
- ☐ Add 1 1/2 to 2 cups more flour. Knead dough to mix (dough will be stiff).
- ☐ Spread into pan.
- ☐ Bake for 20 minutes until inserted toothpick comes out clean.
- ☐ Cut into squares. May be frosted with sugar glaze or eaten plain. Best if stored for 2 weeks.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:12.45, Inflammation Score:-1, Nutrition Score:1.7404348043644%

Nutrients (% of daily need)

Calories: 132.89kcal (6.64%), Fat: 0.67g (1.03%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 31.32g (11.39%), Sugar: 23.17g (25.75%), Cholesterol: 0mg (0%), Sodium: 48.04mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Manganese: 0.13mg (6.53%), Vitamin B1: 0.06mg (4.1%), Iron: 0.74mg (4.09%), Selenium: 2.85µg (4.08%), Folate: 14.72µg (3.68%), Fiber: 0.78g (3.13%), Calcium: 29.73mg (2.97%), Vitamin B2: 0.05mg (2.7%), Vitamin B3: 0.49mg (2.46%), Phosphorus: 13.2mg (1.32%), Copper: 0.02mg (1.02%)