



Lebkuchen II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups almonds sliced
- ☐ 1.5 teaspoons baking soda
- ☐ 2.3 cups brown sugar packed
- ☐ 1 cup candied citron chopped
- ☐ 0.3 cup confectioners' sugar sifted
- ☐ 3 eggs
- ☐ 8.3 cups flour all-purpose
- ☐ 1.5 teaspoons ground allspice

- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 3 cups honey
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup water
- ☐ 1.5 cups sugar white

Equipment

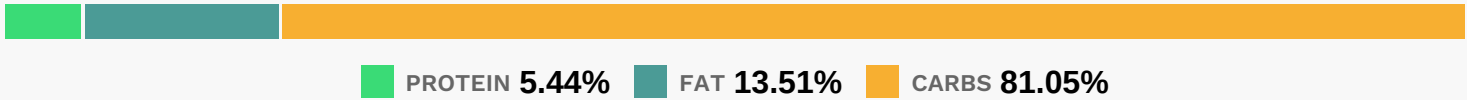
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ dutch oven

Directions

- ☐ Bring honey to a boil in a large Dutch oven; remove from heat, and cool slightly. Stir in brown sugar, beaten eggs, lemon rind, and juice.
- ☐ Combine flour, baking soda, and spices in a large mixing bowl; gradually add to honey mixture, stirring well. Stir in citron and chopped pecans, blending well. Cover and chill overnight.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Shape dough into 1-inch balls; place 2 inches apart on greased cookie sheets. Gently press ball to 1/4-inch thickness with bottom of a glass dipped in cool water. Gently press an almond slice in the center of each cookie.
- ☐ Bake for about 10 minutes.
- ☐ Remove cookie sheets from oven.
- ☐ Brush glaze over cookies and remove to wire racks to cool.

- ☐
- Combine 1 1/2 cups sugar and water in a small heavy saucepan; cook over low heat, stirring until sugar dissolves. Cook over high heat, without stirring, until mixture reaches thread stage (230 degrees F).
- ☐
- Remove from heat; stir in confectioners' sugar, mixing well.
- ☐
- Place over low heat, if necessary, to maintain basting consistency.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:12.19, Inflammation Score:-1, Nutrition Score:2.6599999986913%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.89kcal (6.29%), Fat: 1.96g (3.01%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 25.72g (9.35%), Sugar: 17.93g (19.92%), Cholesterol: 4.91mg (1.64%), Sodium: 22mg (0.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Manganese: 0.2mg (10.14%), Vitamin B1: 0.09mg (6.18%), Selenium: 4.19µg (5.99%), Folate: 20.94µg (5.23%), Vitamin B2: 0.08mg (4.95%), Iron: 0.69mg (3.85%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.51mg (3.41%), Fiber: 0.73g (2.91%), Copper: 0.06mg (2.79%), Phosphorus: 26.51mg (2.65%), Magnesium: 9.67mg (2.42%), Zinc: 0.22mg (1.5%), Calcium: 14.36mg (1.44%), Potassium: 45.12mg (1.29%)