



Lebkuchen III



Vegetarian



Dairy Free

READY IN



27 min.

SERVINGS



30

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup candied citron chopped
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.3 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup honey
- ☐ 0.5 cup blackstrap molasses

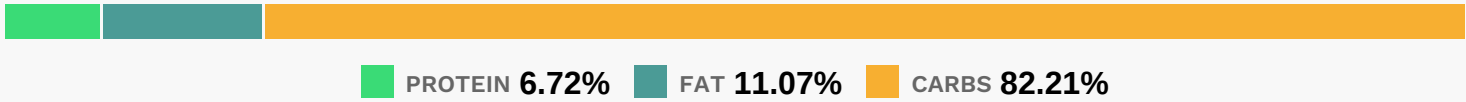
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, beat the egg, brown sugar, honey and molasses until smooth.
- ☐ Combine the flour, cinnamon, nutmeg, cloves, allspice and baking soda; blend into the molasses mixture. Stir in the almonds and candied citron. Working with 1/4 of the dough at one time, roll out the dough on a lightly floured surface to 1/4 inch in thickness.
- ☐ Cut into desired shapes with cookie cutters.
- ☐ Place the cookies at least 1 inch apart onto prepared cookie sheets.
- ☐ Bake in the preheated oven for 10 to 12 minutes or until set. Cool on wire racks and store at room temperature in an airtight container.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:11.21, Inflammation Score:-2, Nutrition Score:3.6399999716036%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin:

0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 117.4kcal (5.87%), Fat: 1.48g (2.28%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 23.95g (8.71%), Sugar: 14.56g (16.18%), Cholesterol: 5.46mg (1.82%), Sodium: 26.51mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Manganese: 0.27mg (13.61%), Selenium: 5.9µg (8.42%), Vitamin B1: 0.11mg (7.07%), Folate: 24.81µg (6.2%), Magnesium: 23.74mg (5.93%), Vitamin B2: 0.1mg (5.77%), Iron: 1.03mg (5.71%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.64mg (4.26%), Copper: 0.08mg (3.82%), Potassium: 125.25mg (3.58%), Fiber: 0.76g (3.03%), Phosphorus: 30.3mg (3.03%), Vitamin B6: 0.05mg (2.61%), Calcium: 25.78mg (2.58%), Zinc: 0.22mg (1.43%), Vitamin B5: 0.14mg (1.43%)