

Lebkuchen IV

 Vegetarian  Dairy Free

READY IN



520 min.

SERVINGS



72

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup candied citron chopped
- 0.3 cup confectioners' sugar
- 1 eggs
- 2.8 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 0.5 cup honey
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 0.5 cup blackstrap molasses
- 0.5 cup walnuts chopped
- 0.5 cup water
- 1 cup sugar white

Equipment

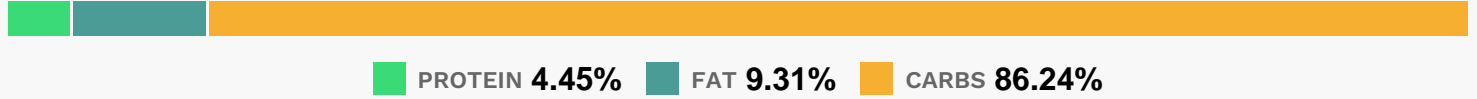
- bowl
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- In a small saucepan over medium heat, stir together honey and molasses. Bring to a boil and remove from heat. Stir in the brown sugar, egg, lemon juice and lemon zest until well blended. Set aside. In a large bowl, mix together the flour, baking soda, cinnamon, cloves, nutmeg and allspice. Stir the ingredients from the pan into the bowl and blend well.
- Mix in the walnuts and candied citron. Cover the dough and chill for several hours or overnight.
- Preheat the oven to 400 degrees F (200 degrees C). Grease cookie sheets.
- Using a small amount of dough at a time, roll out to 1/4 inch thickness on a floured surface.
- Cut into small rectangles.
- Place the rectangles 1 inch apart onto the prepared baking sheets.
- Bake for 10 to 12 minutes in the preheated oven, until firm.
- Combine the 1 cup of sugar with water in a small saucepan over medium heat.

- Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- Remove from heat and stir in confectioners' sugar until smooth.
- Brush over hot cookies.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:6.38, Inflammation Score:-1, Nutrition Score:1.3791304373223%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 62.31kcal (3.12%), Fat: 0.66g (1.02%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.59g (4.94%), Sugar: 9.98g (11.08%), Cholesterol: 2.27mg (0.76%), Sodium: 11.43mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Manganese: 0.12mg (6.21%), Selenium: 2.34µg (3.34%), Vitamin B1: 0.04mg (2.78%), Folate: 9.98µg (2.49%), Iron: 0.4mg (2.25%), Magnesium: 8.58mg (2.14%), Copper: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.32mg (1.6%), Potassium: 49.67mg (1.42%), Vitamin B6: 0.03mg (1.25%), Phosphorus: 10.3mg (1.03%)