



## Lebkuchen VI

 Vegetarian  Dairy Free

READY IN



600 min.

SERVINGS



72

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.3 cup candied citron diced
- 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
- 0.3 cup hazelnuts chopped
- 0.5 cup honey
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 0.5 cup blackstrap molasses
- 0.5 cup water
- 1 cup sugar white

## Equipment

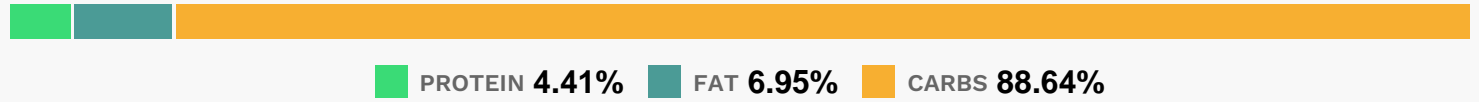
- bowl
- baking sheet
- sauce pan
- oven

## Directions

- In a medium saucepan, stir together the honey and molasses. Bring the mixture to a boil, remove from heat and stir in the brown sugar, egg, lemon juice and lemon zest. In a large bowl, stir together the flour, baking soda, cinnamon, cloves, allspice and nutmeg.
- Add the molasses mixture to the dry ingredients and mix well. Stir in the citron and hazelnuts. Cover dough and chill overnight.
- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Using a small amount of dough at a time, roll out on a lightly floured surface to 1/4 inch thickness.
- Cut into small rectangles and place them 1 inch apart onto the prepared cookie sheet.
- Bake for 10 to 12 minutes in the preheated oven, until no imprint remains when touched lightly.
- Brush the icing over the cookies while they are still hot and quickly remove them to wire cooling racks. Store in airtight container with a cup of orange or apple for a few days to mellow.
- Combine the sugar and water in a small saucepan.

- 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 the confectioners' sugar. If icing becomes sugary while brushing cookies, re-heat slightly- adding a little water until crystals dissolve.

## Nutrition Facts



### Properties

Glycemic Index:4.81, Glycemic Load:6.37, Inflammation Score:-1, Nutrition Score:1.3913043556006%

### Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 59.37kcal (2.97%), Fat: 0.47g (0.73%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 13.29g (4.83%), Sugar: 9.7g (10.78%), Cholesterol: 2.27mg (0.76%), Sodium: 11.07mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Manganese: 0.13mg (6.51%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.04mg (2.83%), Folate: 9.81µg (2.45%), Iron: 0.41mg (2.26%), Magnesium: 8.18mg (2.05%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.32mg (1.61%), Copper: 0.03mg (1.58%), Potassium: 49.67mg (1.42%), Vitamin B6: 0.02mg (1.19%)