

Lemon Springerle



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 cups sugar

Equipment

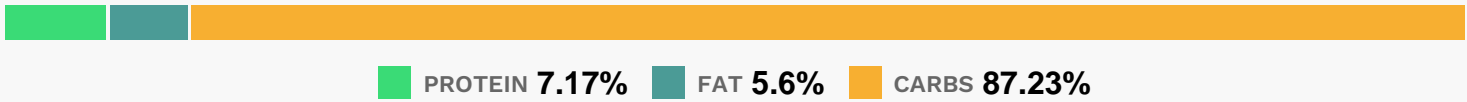
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat eggs at medium speed of an electric mixer until pale (5 minutes). Gradually add sugar, and beat 5 additional minutes.
- ☐ Add lemon rind and anise extract; beat well.
- ☐ Combine flour and baking powder; add to egg mixture, beating well. Cover and chill dough at least 3 hours.
- ☐ Let dough stand at room temperature for 15 minutes. Divide dough into thirds.
- ☐ Place 1 portion of dough on a floured surface; roll to 1/4" thickness. Lightly spray mold with cooking spray.
- ☐ Place dough over mold; press firmly and evenly to imprint dough. Trim excess dough around rectangle. Invert onto a large parchment paper-lined baking sheet. Repeat procedure with remaining dough.
- ☐ Let cookies stand, uncovered, in a cool, dry place 1 hour to set design. (Cookies should appear slightly crusted.)
- ☐ Bake at 225 for 2 1/2 hours or until light yellow, but not golden. Cool completely on pan. Carefully remove from parchment paper.

Nutrition Facts



Properties

Glycemic Index:79.03, Glycemic Load:156.42, Inflammation Score:-6, Nutrition Score:20.777826152418%

Nutrients (% of daily need)

Calories: 1002.72kcal (50.14%), Fat: 6.31g (9.71%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 220.9g (73.63%), Net Carbohydrates: 217.67g (79.15%), Sugar: 133.62g (148.46%), Cholesterol: 186mg (62%), Sodium: 110.04mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Selenium: 55µg (78.58%), Vitamin B1:

0.92mg (61.35%), Folate: 233.36µg (58.34%), Vitamin B2: 0.82mg (48.29%), Manganese: 0.8mg (40.04%), Iron: 6.31mg (35.03%), Vitamin B3: 6.81mg (34.04%), Phosphorus: 230.21mg (23.02%), Fiber: 3.24g (12.94%), Vitamin B5: 1.27mg (12.73%), Copper: 0.21mg (10.58%), Zinc: 1.46mg (9.76%), Magnesium: 31.5mg (7.87%), Vitamin B12: 0.44µg (7.42%), Vitamin B6: 0.14mg (6.89%), Calcium: 67.89mg (6.79%), Vitamin D: 1µg (6.67%), Potassium: 196.47mg (5.61%), Vitamin A: 270.67IU (5.41%), Vitamin E: 0.6mg (3.98%), Vitamin C: 1.72mg (2.08%)