



Nürnberger Lebkuchen

 Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 servings almonds sliced
- ☐ 1.5 teaspoons baking soda
- ☐ 100 servings glaze
- ☐ 2.3 cups firmly brown sugar packed
- ☐ 1 cup candied citron diced
- ☐ 3 eggs beaten
- ☐ 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 rind grated
- ☐ 1 cup pecans chopped

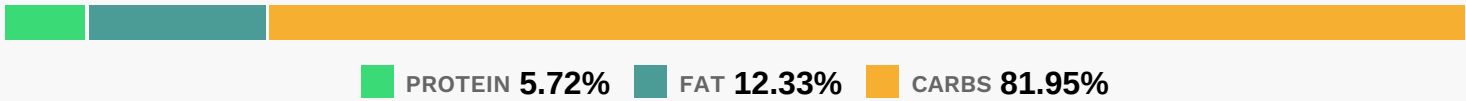
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Bring honey to a boil in a large Dutch oven; remove from heat, and cool slightly. Stir in sugar, beaten eggs, lemon rind, and juice.
- ☐ Combine dry ingredients; gradually add to honey mixture, stirring well. Stir in citron and pecans. Cover mixture and chill overnight.
- ☐ Shape into 1-inch balls; place 2 inches apart on greased cookie sheets. Dip bottom of a glass in cool water, and gently press balls to 1/4-inch thickness. Press an almond slice in center of each cookie.
- ☐ Bake at 400 for 10 minutes.
- ☐ Remove cookie sheets from oven.
- ☐ Brush glaze on cookies, and cool completely on wire racks. Store cookies in airtight containers.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:10.09, Inflammation Score:-1, Nutrition Score:2.392173918369%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg 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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.92kcal (5.4%), Fat: 1.53g (2.35%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 22.26g (8.09%), Sugar: 14.51g (16.12%), Cholesterol: 4.91mg (1.64%), Sodium: 21.87mg (0.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Manganese: 0.18mg (9.17%), Vitamin B1: 0.09mg (6.07%), Selenium: 4.14µg (5.91%), Folate: 20.57µg (5.14%), Vitamin B2: 0.07mg (4.35%), Iron: 0.66mg (3.66%), Vitamin B3: 0.68mg (3.4%), Fiber: 0.62g (2.49%), Copper: 0.05mg (2.33%), Phosphorus: 22.47mg (2.25%), Vitamin E: 0.3mg (1.98%), Magnesium: 7.39mg (1.85%), Zinc: 0.2mg (1.32%), Calcium: 12.02mg (1.2%), Potassium: 38.89mg (1.11%)