

Pepparkakor

☒ Vegetarian

READY IN

ready

145 min.

SERVINGS

servings

60

CALORIES

calories

75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 cup butter
- ☐ 3 tablespoons plus light
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar white

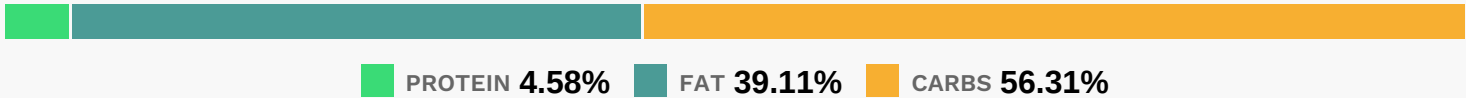
Equipment

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

Directions

- ☐ Cream together the butter and sugar in a bowl. Stir in the syrup and eggs. Sift together the flour, salt, cinnamon, ginger, allspice, and cloves in a separate bowl; add to the butter mixture; knead into a stiff dough. Pat into a flat circle, and wrap in waxed paper. Refrigerate at least 2 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Roll the dough out onto a lightly-floured surface to about 1/2-inch thickness.
- ☐ Cut the dough using a star-shaped cookie cutter.
- ☐ Place cookies one inch apart on ungreased cookie sheets.
- ☐ Bake in preheated oven until the edges are golden brown, about 10 minutes. Allow to cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:7.1, Inflammation Score:-1, Nutrition Score:1.201304335714%

Nutrients (% of daily need)

Calories: 74.54kcal (3.73%), Fat: 3.29g (5.06%), Saturated Fat: 2g (12.51%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.47g (3.81%), Sugar: 5.86g (6.51%), Cholesterol: 13.59mg (4.53%), Sodium: 46.69mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Selenium: 2.66µg (3.79%), Vitamin B1: 0.05mg (3.37%), Folate: 12.25µg (3.06%), Manganese: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.35%), Vitamin A: 102.67IU

(2.05%), Vitamin B3: 0.37mg (1.87%), Iron: 0.33mg (1.82%), Phosphorus: 10.64mg (1.06%)