

Pepparkakor I

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 tablespoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.7 cup butter
- ☐ 1 eggs
- ☐ 3.5 cups flour all-purpose sifted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

☐ 0.7 cup blackstrap molasses

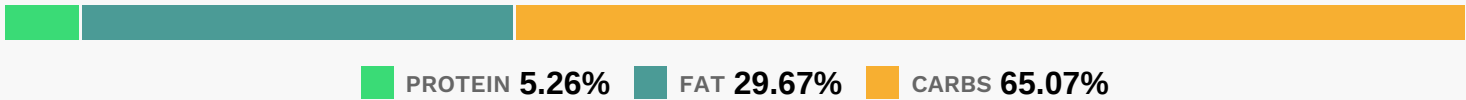
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place butter in a large, heatproof bowl. In a medium saucepan, heat brown sugar, molasses and spices just to boiling point.
- ☐ Add baking soda and stir in.
- ☐ Pour this mixture over the butter and stir until it melts.
- ☐ Beat egg and mix in; add flour, a cup at a time, and blend thoroughly. Turn out onto a lightly floured board and knead 1–2 minutes. Wrap in waxed paper and chill until firm (about an hour).
- ☐ Preheat oven to 325 degrees F (170 degrees C).
- ☐ Roll out to approximately 1/8 inch thickness on a lightly floured board and cut into desired shapes.
- ☐ Place on greased baking sheets and bake for 8 – 10 minutes.
- ☐ Remove from sheets and cool on racks; may be decorated with piped icing or whatever else you like!

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:6.57, Inflammation Score:-2, Nutrition Score:2.2639130098016%

Nutrients (% of daily need)

Calories: 82.58kcal (4.13%), Fat: 2.74g (4.22%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 13.25g (4.82%), Sugar: 6.49g (7.21%), Cholesterol: 10.19mg (3.4%), Sodium: 75.72mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.17mg (8.48%), Selenium: 4.3µg (6.14%), Vitamin B1: 0.07mg (4.94%), Folate: 17.25µg (4.31%), Iron: 0.7mg (3.87%), Magnesium: 13.95mg (3.49%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.59mg (2.96%), Potassium: 85.12mg (2.43%), Vitamin B6: 0.04mg (1.93%), Copper: 0.04mg (1.92%), Vitamin A: 83.91IU (1.68%), Calcium: 15.37mg (1.54%), Phosphorus: 14.11mg (1.41%), Fiber: 0.28g (1.12%)