



Pepparkakor (Swedish Ginger Cookies)

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup corn syrup dark
- ☐ 1 large eggs lightly beaten
- ☐ 3.5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1 teaspoon orange zest freshly grated

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted cut into pieces (2 sticks)

Equipment

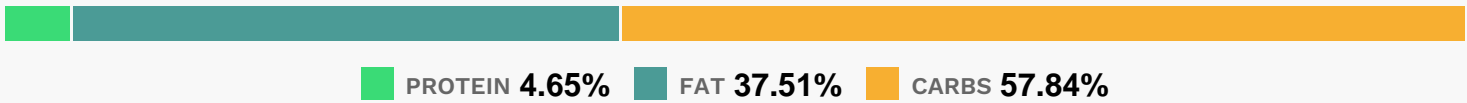
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ In a large bowl, whisk together the flour, ginger, cinnamon, cloves, baking soda, and salt.
- ☐ In a small saucepan over moderate heat, warm the corn syrup and orange zest.
- ☐ Add the butter and sugar and continue warming, stirring occasionally, until melted.
- ☐ Remove from the heat and let cool to room temperature.
- ☐ Add the egg and whisk to combine.
- ☐ Pour over the flour mixture and stir to combine. Form the dough into a ball, wrap in a double layer of plastic wrap, and chill overnight.
- ☐ Arrange racks in the upper and lower thirds of oven and preheat to 375°F. Line 2 large baking sheets with nonstick baking mats, such as Silpats, or parchment paper.
- ☐ Using a lightly floured rolling pin, roll out a portion of the dough on a lightly floured surface to a 1/4 inch thickness. Using cookie cutters, cut the dough into desired shapes, such as circles, stars, hearts, bells, gingerbread men, and Christmas trees.

- ☐
- Transfer to the prepared baking sheets and sprinkle with the pearl sugar.
- ☐
- Bake, switching the cookies between the upper and lower racks and rotating the baking sheets about halfway through baking, until the edges are just beginning to brown, 7 to 8 minutes. Watch the cookies carefully to make sure they don't get too brown.
- ☐
- Let the cookies cool on baking sheets for 5 minutes before transferring to a wire rack to let cool completely. Continue rolling and cutting out the rest of the cookie dough and baking the cookies on cooled baking sheets. DO AHEAD: Pepparkakor can be baked ahead and kept, stored between sheets of wax paper in an airtight container, for up to 2 weeks, or frozen up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:0.89130434296701%

Nutrients (% of daily need)

Calories: 45.85kcal (2.29%), Fat: 1.95g (2.99%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.34g (3.71%), Cholesterol: 6.74mg (2.25%), Sodium: 26.41mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.08mg (3.81%), Selenium: 1.75µg (2.5%), Vitamin B1: 0.04mg (2.33%), Folate: 8.33µg (2.08%), Vitamin B2: 0.03mg (1.49%), Vitamin B3: 0.27mg (1.33%), Iron: 0.24mg (1.31%), Vitamin A: 59.71IU (1.19%)