



Peppernotter (Scandinavian Christmas Cookies)



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



48

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup almonds finely chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar
- ☐ 1 cup confectioners' sugar
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons water
- ☐ 0.8 cup sugar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease several baking sheets.
- ☐ Beat the eggs, white sugar, and brown sugar in a bowl until the sugar has dissolved, then beat in lemon juice, almonds, baking powder, cinnamon, ginger, black pepper, allspice, and cloves until thoroughly combined.
- ☐ Mix in flour to make a sticky dough.
- ☐ Turn the dough out onto a well-floured work surface, and knead the dough 1 to 2 minutes, adding more flour if needed, to make a smooth, workable dough. Pinch off pieces of dough and roll them into balls about 1 1/2 inches in diameter, and place the balls on the prepared baking sheets at least 1 inch apart.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a cookie comes out clean, about 25 minutes.
- ☐ Remove from sheets immediately to cooling racks to prevent cookies from getting too hard.
- ☐ Stir together confectioners' sugar and water to make a glaze, and drizzle each cookie while slightly warm with about 1/2 teaspoon, spreading it around the top of the cookie.

Nutrition Facts



 PROTEIN **7.89%**  FAT **15.03%**  CARBS **77.08%**

Properties

Glycemic Index:6.23, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:2.162608689588%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 79.24kcal (3.96%), Fat: 1.35g (2.07%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 15.04g (5.47%), Sugar: 9.02g (10.03%), Cholesterol: 10.23mg (3.41%), Sodium: 14.07mg (0.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Manganese: 0.14mg (7.07%), Selenium: 3.68µg (5.25%), Vitamin B1: 0.07mg (4.45%), Vitamin B2: 0.08mg (4.42%), Folate: 16.57µg (4.14%), Vitamin E: 0.55mg (3.64%), Iron: 0.54mg (3%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 25.62mg (2.56%), Fiber: 0.51g (2.04%), Magnesium: 8.03mg (2.01%), Copper: 0.04mg (1.84%), Calcium: 16.8mg (1.68%), Zinc: 0.16mg (1.05%)