



Pfeffernüsse

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons baking soda
- 2 cups brown sugar packed
- 0.3 lb butter at room temperature
- 0.3 cup candied citron finely chopped
- 2 large eggs
- 3.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves

- 0.3 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 6 oz pecans chopped
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- blender
- spatula

Directions

- In a large bowl, with a mixer on medium speed, beat 1/2 cup butter and the brown sugar until well blended.
- Add eggs and beat until smooth. In a small bowl, stir baking soda in 1 tablespoon hot water until dissolved; beat into butter mixture.
- In a medium bowl, mix flour, cinnamon, nutmeg, cloves, ginger, and salt.
- Add to butter mixture, stir to mix, then beat until well blended. Stir in pecans and citron.
- Divide dough in half and shape each portion into a log about 11 inches long and 1 1/2 inches in diameter. Wrap logs separately in waxed paper and freeze until firm enough to slice, at least 1 hour.
- Unwrap dough.
- Cut logs crosswise into 1/4-inch-thick rounds and place about 1 inch apart on buttered 12- by 15-inch baking sheets.
- Bake cookies in a 350 regular or convection oven until lightly browned, 8 to 12 minutes; if baking two sheets at once in one oven, switch their positions halfway through baking.
- Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



■ PROTEIN 5.2% ■ FAT 37.01% ■ CARBS 57.79%

Properties

Glycemic Index:2.22, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:1.6621739067461%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 75.24kcal (3.76%), Fat: 3.16g (4.87%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.71g (3.9%), Sugar: 6.47g (7.19%), Cholesterol: 5.17mg (1.72%), Sodium: 58.15mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Manganese: 0.16mg (8.16%), Vitamin B1: 0.06mg (4.04%), Selenium: 2.51µg (3.59%), Folate: 11.59µg (2.9%), Vitamin B2: 0.04mg (2.23%), Iron: 0.39mg (2.19%), Copper: 0.04mg (2.04%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 16.09mg (1.61%), Fiber: 0.4g (1.61%), Vitamin A: 65.34IU (1.31%), Magnesium: 4.97mg (1.24%), Zinc: 0.17mg (1.12%)