

Pfeffernusse

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



4231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups brown sugar packed
- 0.8 cup butter softened
- 2 eggs
- 4 cups flour all-purpose
- 0.5 teaspoon ground cardamom
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground ginger
- 1 teaspoon pepper white
- 0.8 teaspoon salt

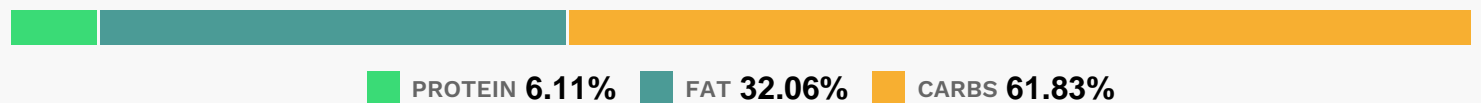
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F.
- Combine dry ingredients and set aside.
- In a separate bowl, beat butter and sugar together until light.
- Add eggs one at a time, beating well after each addition.
- Stir in dry ingredients 1/2 cup at a time.
- Add almonds, if desired.
- Roll into one inch balls and arrange 1 inch apart on ungreased baking sheet.
- Bake 11 to 14 minutes.
- Cool and store in airtight containers for 3 days to mellow flavors.

Nutrition Facts



Properties

Glycemic Index:227, Glycemic Load:277.15, Inflammation Score:-10, Nutrition Score:56.768695598063%

Nutrients (% of daily need)

Calories: 4230.97kcal (211.55%), Fat: 151.52g (233.1%), Saturated Fat: 91.09g (569.31%), Carbohydrates: 657.55g (219.18%), Net Carbohydrates: 642.04g (233.47%), Sugar: 268.61g (298.45%), Cholesterol: 693.4mg (231.13%), Sodium: 4022.73mg (174.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65g (130%), Selenium: 202.22µg (288.88%), Vitamin B1: 3.97mg (264.8%), Folate: 964.67µg (241.17%), Manganese: 4.66mg (233.2%), Vitamin B2:

2.94mg (172.76%), Iron: 27.97mg (155.4%), Vitamin B3: 30.1mg (150.49%), Vitamin A: 4735.95IU (94.72%), Phosphorus: 862mg (86.2%), Calcium: 659.82mg (65.98%), Fiber: 15.52g (62.06%), Copper: 0.95mg (47.4%), Vitamin B5: 4.1mg (41.01%), Magnesium: 157.27mg (39.32%), Vitamin E: 5.22mg (34.8%), Zinc: 5.05mg (33.64%), Potassium: 1098.68mg (31.39%), Vitamin B6: 0.5mg (25.06%), Vitamin B12: 1.07µg (17.88%), Vitamin K: 14.31µg (13.63%), Vitamin D: 1.76µg (11.73%)