



Pfeffernusse Cookies

 Dairy Free

READY IN



180 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons anise extract
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1.5 teaspoons ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 0.3 cup butter
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.8 cup sugar white

Equipment

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

Directions

- ☐ Stir together the molasses, honey, shortening, and margarine in a saucepan over medium heat; cook and stir until creamy.
- ☐ Remove from heat and allow to cool to room temperature. Stir in the eggs.
- ☐ Combine the flour, white sugar, brown sugar, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, pepper, and salt in a large bowl.
- ☐ Add the molasses mixture and stir until thoroughly combines. Refrigerate at least 2 hours.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Roll the dough into acorn-sized balls. Arrange on baking sheets, spacing at least 1 inch apart.
- ☐ Bake in preheated oven 10 to 15 minutes. Move to a rack to cool. Dust cooled cookies with confectioners' sugar.

Nutrition Facts



 PROTEIN **5.57%**  FAT **21.71%**  CARBS **72.72%**

Properties

Glycemic Index:9.82, Glycemic Load:13.15, Inflammation Score:-2, Nutrition Score:3.3199999988403%

Nutrients (% of daily need)

Calories: 127.66kcal (6.38%), Fat: 3.12g (4.8%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 22.99g (8.36%), Sugar: 12.62g (14.02%), Cholesterol: 9.09mg (3.03%), Sodium: 99.51mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.27mg (13.72%), Selenium: 6.41µg (9.16%), Vitamin B1: 0.11mg (7.53%), Folate: 26.74µg (6.68%), Iron: 0.99mg (5.49%), Vitamin B2: 0.08mg (4.86%), Vitamin B3: 0.88mg (4.41%), Magnesium: 15.76mg (3.94%), Potassium: 96.25mg (2.75%), Copper: 0.05mg (2.48%), Phosphorus: 22.45mg (2.24%), Vitamin B6: 0.04mg (2.24%), Fiber: 0.51g (2.06%), Calcium: 18.47mg (1.85%), Vitamin B5: 0.15mg (1.54%), Vitamin A: 70.38IU (1.41%), Vitamin E: 0.18mg (1.19%), Zinc: 0.16mg (1.08%)