



Pfeffernusse Cookies II

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



53 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon brandy
- 3 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg
- 0.3 cup hazelnuts chopped

- 1.5 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest
- 0.3 teaspoon salt
- 1 cup sugar white

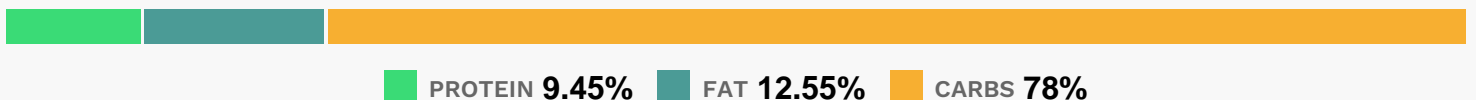
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Combine flour, baking powder, spices and salt.
- In a large bowl, beat the sugar and eggs until thick and light-colored. Beat in the lemon juice. Beat in the lemon zest. Gradually blend in the dry ingredients. Stir in the hazelnuts. Cover and chill for 4 hours.
- On a floured surface, roll out the dough to a thickness of 1/2 inch. Using a 1 1/2 inch round cookie cutter, cut out cookies and place 1 inch apart on lightly greased baking sheets. Cover the baking sheets with clean towels and leave undisturbed for 4 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Turn the cookies over and place a drop of brandy in the center of each cookie.
- Bake for 8 to 10 minutes, until lightly colored.
- Transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:7.25, Inflammation Score:-1, Nutrition Score:1.6347826084365%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 52.87kcal (2.64%), Fat: 0.74g (1.14%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 10.03g (3.65%), Sugar: 4.23g (4.7%), Cholesterol: 10.23mg (3.41%), Sodium: 25.09mg (1.09%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 1.25g (2.5%), Manganese: 0.1mg (5.16%), Selenium: 3.54µg (5.05%), Vitamin B1: 0.07mg (4.44%), Folate: 16.4µg (4.1%), Vitamin B2: 0.05mg (3.11%), Iron: 0.46mg (2.53%), Vitamin B3: 0.48mg (2.38%), Phosphorus: 17.61mg (1.76%), Copper: 0.02mg (1.23%), Fiber: 0.29g (1.17%)