



Pfeffernusse III



Vegetarian



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon orange zest
- ☐ 1 cup walnuts chopped

☐ 2 cups sugar white

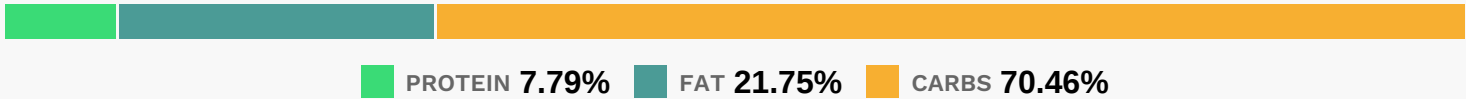
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sift together flour, baking powder, cloves, cinnamon, and nutmeg. Stir in the orange rind and nuts.
- ☐ In a medium size bowl, beat eggs and sugar until thick. Blend in flour mixture to make a smooth dough.
- ☐ Roll dough into 1 inch balls, place onto ungreased baking sheets and bake in the preheated oven for 15 minutes, until light brown.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:10.22, Inflammation Score:-1, Nutrition Score:2.3221739051135%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 82.96kcal (4.15%), Fat: 2.06g (3.17%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 14.42g (5.24%), Sugar: 8.43g (9.37%), Cholesterol: 13.64mg (4.55%), Sodium: 23.32mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.22mg (11.09%), Selenium: 3.96µg (5.66%), Vitamin B1: 0.07mg (4.76%), Folate: 18.49µg (4.62%), Vitamin B2: 0.06mg (3.58%), Iron: 0.55mg (3.08%), Phosphorus: 28.11mg (2.81%), Copper: 0.05mg (2.74%), Vitamin B3: 0.5mg (2.49%), Fiber: 0.58g (2.33%), Calcium: 19.33mg (1.93%), Magnesium: 6.43mg (1.61%), Zinc: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.06%)