



## Pfeffernusse Kuchen

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 eggs
- 3.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 tablespoon ground pepper black
- 2.3 cups sugar white

### Equipment

- baking sheet

- oven
- mixing bowl
- hand mixer

## Directions

- In a large mixing bowl, beat the sugar and eggs together with an electric mixer for 20 minutes. Sift together the flour, cinnamon, cloves and pepper and stir them into the egg mixture.
- Roll the dough into 1 inch balls and place them on a lightly greased cookie sheet.
- Let the cookies sit out overnight to dry.
- Preheat the oven to 350 degrees F (175 degrees C).
- Bake the cookies for 10 to 15 minutes. Cool and store in an airtight container for a week to blend the flavors.

## Nutrition Facts



**PROTEIN 7.49%** **FAT 5.67%** **CARBS 86.84%**

## Properties

Glycemic Index:1.82, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:0.85652172759823%

## Nutrients (% of daily need)

Calories: 36.07kcal (1.8%), Fat: 0.23g (0.35%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.76g (2.82%), Sugar: 4.51g (5.01%), Cholesterol: 6.55mg (2.18%), Sodium: 2.7mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Selenium: 2.06µg (2.94%), Manganese: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.34%), Folate: 8.85µg (2.21%), Vitamin B2: 0.03mg (1.8%), Iron: 0.25mg (1.38%), Vitamin B3: 0.26mg (1.31%)