



Springerle III

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons anise seed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 3.5 cups cake flour
- ☐ 4 cups confectioners' sugar sifted
- ☐ 4 egg whites
- ☐ 4 egg yolks beaten
- ☐ 0.3 teaspoon salt

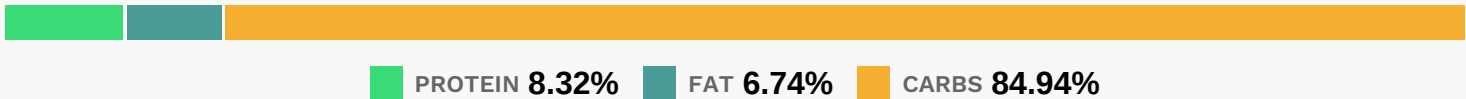
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Beat egg whites.
- ☐ Add sifted powdered sugar and beaten egg yolks. Beat for 15 minutes (!)
- ☐ Sift cake flour with baking powder and salt.
- ☐ When you roll them out, use just enough flour to roll easily.
- ☐ Roll lightly to 1/4 or 1/2 inch thickness and press design into dough with a well-floured 'Springerle' rolling pin – but don't go all the way through the dough. (The rolling pin has designs cut into it. They sell them in specialty stores.)
- ☐ Butter a cookie sheet and then sprinkle it with anise seed.
- ☐ Cut each section apart carefully and transfer the cookies to the sheet.
- ☐ Let stand overnight to set the design. Otherwise, they sort of melt into themselves.
- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Bake for 15 minutes. Do not brown. Springerles are hard at first, but if you store them in a bread box they become tender.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:5.74, Inflammation Score:-1, Nutrition Score:1.5769565288463%

Nutrients (% of daily need)

Calories: 105.09kcal (5.25%), Fat: 0.79g (1.22%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 22.07g (8.03%), Sugar: 13.11g (14.57%), Cholesterol: 21.6mg (7.2%), Sodium: 34.98mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Selenium: 6.71µg (9.58%), Manganese: 0.11mg (5.3%), Phosphorus: 23.99mg (2.4%), Vitamin B2: 0.04mg (2.12%), Folate: 7.1µg (1.77%), Iron: 0.31mg (1.72%), Copper: 0.03mg (1.42%), Fiber: 0.34g (1.36%), Calcium: 13.46mg (1.35%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.17mg (1.13%), Magnesium: 4.1mg (1.03%)