

Traditional Springerle

 Vegetarian  Dairy Free

READY IN



515 min.

SERVINGS



48

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons aniseed crushed
- 1 teaspoon double-acting baking powder
- 0.3 cup powdered sugar
- 4 eggs
- 3.5 cups flour all-purpose
- 2 cups sugar
- 0.5 teaspoon vanilla extract

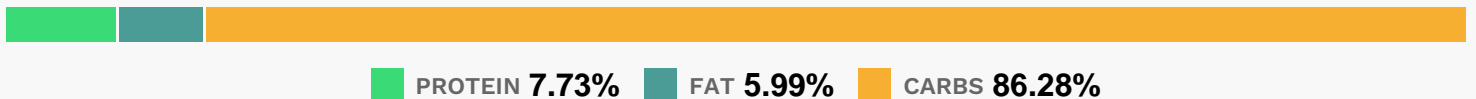
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Lightly grease 4 cookie sheets.
- Sprinkle with anise seeds. Set aside until needed.
- Mix the flour and baking powder together in a bowl until well blended.
- Place the eggs, sugar, and vanilla in a large bowl; beat until light and frothy, 5 to 8 minutes. Slowly stir in the flour mixture until a thick dough forms.
- Working with handfuls of dough, roll out the dough onto a lightly floured surface until 1/4 inch thick. Lightly sift confectioners' sugar over the dough.
- Place springerle molds onto the dough; press down hard and evenly until the mold's design registers in the dough.
- Remove the mold. Use a small knife to cut around each cookie, and place on prepared cookie sheets. Repeat, until all dough has been used. Cover the cookies with a lightweight cotton cloth, and allow to dry 8 hours, or overnight.
- Preheat oven to 250 degrees F (120 degrees C).
- Bake cookies in preheated oven until tops are pale brown and set, 25 to 30 minutes. Cool on a rack. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:10.87, Inflammation Score:-1, Nutrition Score:1.696956537178%

Nutrients (% of daily need)

Calories: 73.73kcal (3.69%), Fat: 0.49g (0.76%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.75g (5.73%), Sugar: 8.97g (9.97%), Cholesterol: 13.64mg (4.55%), Sodium: 14.35mg (0.62%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.44g (2.87%), Selenium: 4.28µg (6.11%), Vitamin B1:

0.07mg (4.91%), Folate: 18.42µg (4.61%), Vitamin B2: 0.06mg (3.77%), Manganese: 0.07mg (3.4%), Iron: 0.57mg (3.17%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 19.76mg (1.98%), Fiber: 0.27g (1.09%)