



3 Ingredient Peanut Butter Cup Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp baking soda
- ☐ 0.5 eggs
- ☐ 12 peanut butter cups

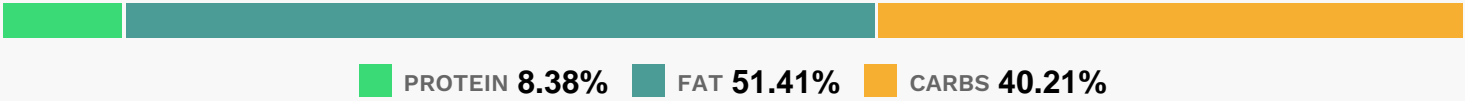
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350F. Mash peanut butter cups with a food processor until a smooth paste is formed.
- ☐ Add in 1/2 of an egg and baking soda and mix until batter is smooth. Take 2 tbsp dough and roll between palms until smooth balled is formed.
- ☐ Place onto baking sheet lined with parchment paper. Repeat with remaining dough, spacing 2 inches apart.
- ☐ Bake for 10 minutes. Cookies will initially be puffy, but will sink down when cooled.
- ☐ Let the cookies cool on the cookie sheet until flattened before removing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0804347891522%

Nutrients (% of daily need)

Calories: 135.26kcal (6.76%), Fat: 8.04g (12.37%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 13.23g (4.81%), Sugar: 12.05g (13.38%), Cholesterol: 11.76mg (3.92%), Sodium: 134.27mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin B3: 1.15mg (5.74%), Phosphorus: 46.5mg (4.65%), Magnesium: 16.14mg (4.04%), Fiber: 0.92g (3.67%), Folate: 14.04µg (3.51%), Copper: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.79%), Potassium: 91.26mg (2.61%), Zinc: 0.36mg (2.41%), Vitamin B2: 0.04mg (2.39%), Calcium: 21.43mg (2.14%), Vitamin B5: 0.2mg (2%), Iron: 0.36mg (1.98%), Selenium: 1.2µg (1.72%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.51%)