



Candi's Chocolate Peanut Butter Chip Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups peanut butter chips
- ☐ 1 teaspoon salt

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

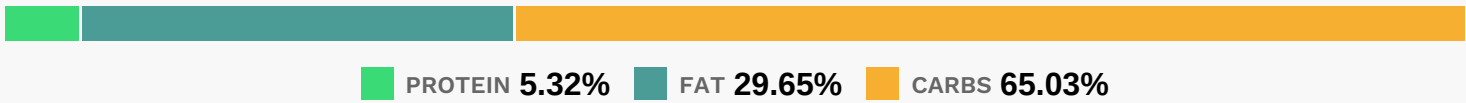
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Stir together the flour, baking soda, salt and cocoa; set aside.
- ☐ In a large bowl, cream together the butter, cream cheese, white sugar and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla and applesauce. Blend in the dry ingredients to form a dough. Fold in the peanut butter chips by hand. Drop the dough by teaspoons two inches apart on a ungreased cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:8.71, Inflammation Score:-1, Nutrition Score:2.080869557174%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 112.89kcal (5.64%), Fat: 3.81g (5.87%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 18.29g (6.65%), Sugar: 11.66g (12.96%), Cholesterol: 18.26mg (6.09%), Sodium: 128.28mg (5.58%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.54g (3.08%), Selenium: 4.15µg (5.93%), Manganese: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.7%), Folate: 17.67µg (4.42%), Vitamin B2: 0.06mg (3.75%), Iron: 0.61mg (3.37%), Vitamin B3: 0.54mg (2.71%), Vitamin A: 123.84IU (2.48%), Copper: 0.05mg (2.42%), Phosphorus: 23.62mg (2.36%), Fiber: 0.53g (2.13%), Magnesium: 7.03mg (1.76%), Calcium: 11.94mg (1.19%), Zinc: 0.16mg (1.09%), Potassium: 37.37mg (1.07%), Vitamin B5: 0.1mg (1.03%)