



Chocolate Peanut Butter and Jelly Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



24

CALORIES



102 kcal

DESSERT

Ingredients



1 teaspoon baking soda



1 large eggs



1 cup brown sugar packed ()



1 cup chocolate peanut butter



0.5 teaspoon vanilla extract

Equipment



bowl



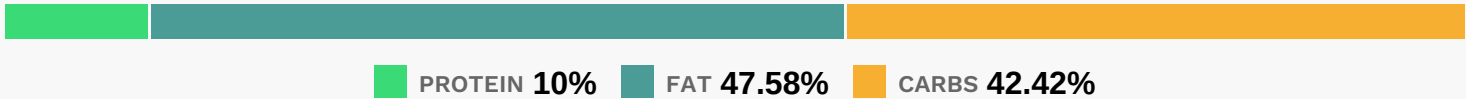
baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix everything except jam in medium bowl until smooth. Batter will be very sticky and wet. Line baking sheets with parchment paper. Scoop generous 1 tablespoon dough and place onto cookie sheet, space about 2 inches apart. Using moistened hands, shape dough on sheets to form balls. Press thumb in the middle of each ball to form a well.
- ☐ Place a 1/2 tsp of jam in the center of each ball.
- ☐ Bake cookies until golden about 10 minutes. Cookies will still be very soft and not set. Leave cookies on sheet to cool and set before removing cookies from sheets.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.3947826147727%

Nutrients (% of daily need)

Calories: 102.23kcal (5.11%), Fat: 5.69g (8.76%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.9g (3.96%), Sugar: 10.04g (11.15%), Cholesterol: 7.75mg (2.58%), Sodium: 97.25mg (4.23%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 2.69g (5.38%), Manganese: 0.16mg (8.21%), Vitamin B3: 1.44mg (7.21%), Vitamin E: 1mg (6.67%), Magnesium: 19.25mg (4.81%), Phosphorus: 40.94mg (4.09%), Vitamin B6: 0.06mg (2.75%), Folate: 10.32µg (2.58%), Copper: 0.05mg (2.55%), Potassium: 75.82mg (2.17%), Fiber: 0.52g (2.06%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.77%), Selenium: 1.19µg (1.7%), Iron: 0.29mg (1.6%), Vitamin B5: 0.16mg (1.58%), Calcium: 14.05mg (1.41%), Vitamin B1: 0.02mg (1.05%)