



Chocolate Peanut Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2.7 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup semisweet chocolate minichips
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

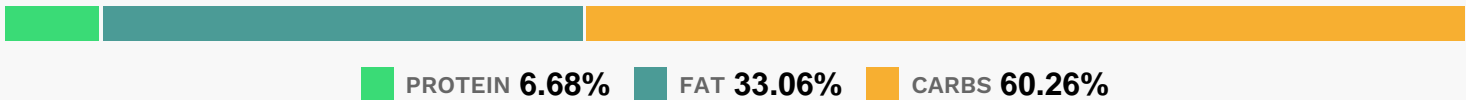
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 8 ingredients in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a small bowl; stir with a whisk.
- ☐ Add flour mixture to peanut butter mixture, stirring just until combined. Stir in minichips. Drop dough by tablespoonfuls 2 inches apart on 2 baking sheets.
- ☐ Bake at 350 for 12 minutes or until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:9.11, Inflammation Score:-1, Nutrition Score:3.0699999695239%

Nutrients (% of daily need)

Calories: 142.46kcal (7.12%), Fat: 5.31g (8.17%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21g (7.64%), Sugar: 13.53g (15.03%), Cholesterol: 5.43mg (1.81%), Sodium: 97.36mg (4.23%), Alcohol: 0.08g (100%), Alcohol %: 0.27% (100%), Caffeine: 3.77mg (1.26%), Protein: 2.41g (4.83%), Manganese: 0.18mg (8.95%), Selenium: 4.55µg (6.51%), Vitamin B3: 1.07mg (5.35%), Vitamin B1: 0.08mg (5.31%), Folate: 20.81µg (5.2%), Iron: 0.85mg (4.74%), Copper: 0.09mg (4.41%), Vitamin E: 0.64mg (4.3%), Magnesium: 16.8mg (4.2%), Vitamin B2: 0.07mg (4.14%), Phosphorus: 39.26mg (3.93%), Fiber: 0.77g (3.09%), Zinc: 0.29mg (1.96%), Potassium: 68.46mg (1.96%), Calcium: 18.52mg (1.85%), Vitamin K: 1.47µg (1.4%), Vitamin B6: 0.03mg (1.32%), Vitamin B5: 0.12mg (1.25%)