



Chunky Peanut Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup firmly brown sugar packed
- 0.5 cup butter softened
- 1 cup extra-crunchy peanut butter
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.3 cup honey
- 0.5 teaspoon salt

- 0.5 teaspoon vanilla extract
- 0.5 cup wheat germ

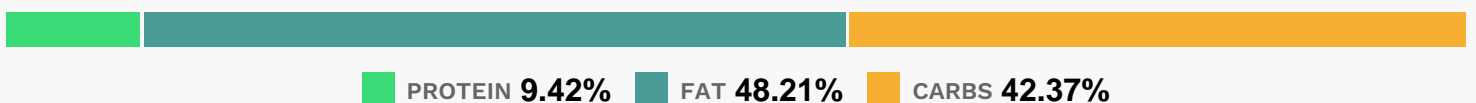
Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat first 6 ingredients at medium speed of an electric mixer until creamy.
- Combine flour and remaining 3 ingredients. Gradually add to butter mixture, beating well.
- Shape dough into 1 inch balls.
- Place 2 inches apart on ungreased cookie sheets. Flatten cookie balls with the back of a fork, forming a crisscross pattern.
- Bake at 325 for 12 minutes or until lightly browned. Cool 1 minute on cookie sheets; remove to wire racks, and cool completely.
- Kissy Cookies: Shape cookies as directed, but do not flatten with a fork.
- Place a chocolate kiss in each cookie while it cools on cookie sheet.
- Remove to wire racks to cool.
- Roll 1 inch balls of dough into 2 1/2 inch logs.
- Bake as directed. When logs are cool, dip 1 end of each cookie inot 1 1/2 cups melted semisweet chocolate morsels. Return cookies to wire racks, and let stand until chocolate is firm.
- Note: A teaspoon measure gives you enough dough to shape into a 1 inch ball or a 2 1/2 inch by 3/4 inch log.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:2.6647826203995%

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 4.86g (7.47%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 8.9g (3.24%), Sugar: 5.26g (5.84%), Cholesterol: 8.96mg (2.99%), Sodium: 79.69mg (3.46%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 2.13g (4.27%), Manganese: 0.29mg (14.34%), Vitamin B3: 1.06mg (5.28%), Selenium: 3.11µg (4.45%), Folate: 16.09µg (4.02%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 34.29mg (3.43%), Magnesium: 12.85mg (3.21%), Fiber: 0.7g (2.79%), Vitamin E: 0.41mg (2.71%), Copper: 0.05mg (2.46%), Zinc: 0.35mg (2.3%), Iron: 0.41mg (2.27%), Vitamin B2: 0.04mg (2.21%), Vitamin B6: 0.04mg (2.17%), Potassium: 62.47mg (1.78%), Vitamin B5: 0.13mg (1.29%), Vitamin A: 64.72IU (1.29%)