



Chunky Peanut Butter Cookies With Wheat Germ

 Vegetarian

READY IN



22 min.

SERVINGS



36

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 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
- ☐ 0.3 cup honey

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup wheat germ

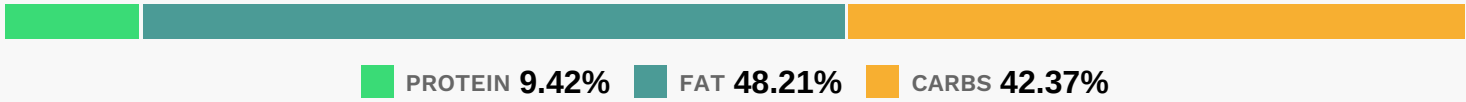
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 325 degrees F. In a mixing bowl, stir together first 6 ingredients.
- ☐ Combine dry ingredients and add to peanut butter mixture. Shape into 1 inch balls and drop onto parchment lined baking sheets. Press down with a moist fork to make criss-crosses, then bake for 12 minutes.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:3.553913106494%

Nutrients (% of daily need)

Calories: 116.24kcal (5.81%), Fat: 6.47g (9.96%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.87g (4.32%), Sugar: 7.01g (7.79%), Cholesterol: 11.95mg (3.98%), Sodium: 106.25mg (4.62%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 2.85g (5.69%), Manganese: 0.38mg (19.12%), Vitamin B3: 1.41mg (7.04%), Selenium: 4.15µg (5.93%), Folate: 21.45µg (5.36%), Vitamin B1: 0.08mg (5.28%), Phosphorus: 45.72mg (4.57%), Magnesium: 17.13mg (4.28%), Fiber: 0.93g (3.72%), Vitamin E: 0.54mg (3.62%), Copper: 0.07mg (3.29%), Zinc: 0.46mg (3.07%), Iron: 0.55mg (3.03%), Vitamin B2: 0.05mg (2.94%), Vitamin B6: 0.06mg (2.9%), Potassium: 83.29mg (2.38%), Vitamin A: 86.29IU (1.73%), Vitamin B5: 0.17mg (1.71%), Calcium: 10.14mg (1.01%)