



Classic Peanut Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup crunchy peanut butter
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted

☐ 1 cup sugar white

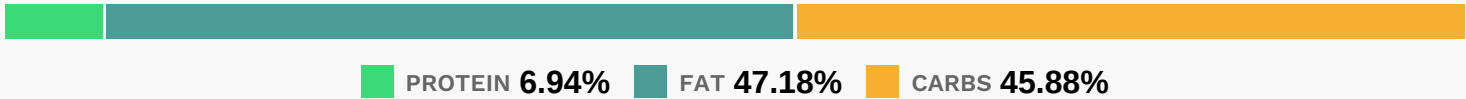
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream together butter, peanut butter and sugars. Beat in eggs.
- ☐ In a separate bowl, sift together flour, baking powder, baking soda, and salt. Stir into batter. Put batter in refrigerator for 1 hour.
- ☐ Roll into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a criss-cross pattern.
- ☐ Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown. Do not over-bake.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:6.52, Inflammation Score:-2, Nutrition Score:2.4591304335905%

Nutrients (% of daily need)

Calories: 125.39kcal (6.27%), Fat: 6.77g (10.42%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.21g (5.17%), Sugar: 9.08g (10.09%), Cholesterol: 16.99mg (5.66%), Sodium: 97.96mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.14mg (7.25%), Vitamin B3: 1.13mg (5.64%), Selenium: 3.34µg (4.77%), Folate: 17.91µg (4.48%), Vitamin B1: 0.06mg (3.85%), Vitamin E: 0.47mg (3.14%), Phosphorus: 30.95mg (3.1%), Vitamin B2: 0.05mg (2.88%), Magnesium: 10.78mg (2.7%), Iron: 0.48mg (2.67%), Vitamin A: 128.08IU (2.56%), Fiber: 0.61g (2.42%), Copper: 0.05mg (2.25%), Potassium: 56.88mg (1.63%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.23mg (1.5%), Calcium: 14.31mg (1.43%), Vitamin B5: 0.13mg (1.28%)