



Dad's Favorite Peanut Butter Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



86 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup crunchy peanut butter
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup shortening

0.5 cup sugar white

Equipment

baking sheet

oven

Directions

Cream together the shortening, peanut butter and sugars. Beat in egg.

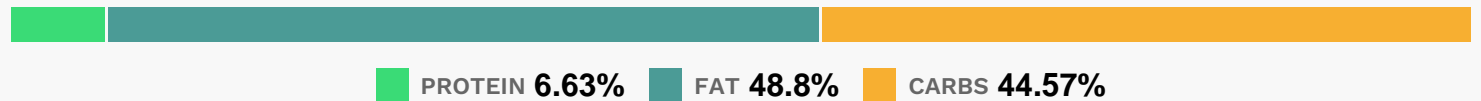
Combine the flour, baking soda, baking powder and salt; gradually stir into the peanut butter mixture. Cover and refrigerate dough for at least one hour.

Preheat oven to 375 degrees F (190 degrees C). Make small balls of dough. Flatten with fork dipped in flour to form cross-wise pattern.

Bake for 10–12 minutes in the preheated oven, or until just set.

Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:1.6278260829656%

Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 4.8g (7.39%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 9.47g (3.44%), Sugar: 6.05g (6.73%), Cholesterol: 4.55mg (1.52%), Sodium: 65.07mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Manganese: 0.1mg (4.83%), Vitamin B3: 0.75mg (3.76%), Selenium: 2.19µg (3.13%), Folate: 11.84µg (2.96%), Vitamin E: 0.42mg (2.77%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 19.88mg (1.99%), Vitamin B2: 0.03mg (1.85%), Iron: 0.32mg (1.79%), Magnesium: 7.13mg (1.78%), Fiber: 0.4g (1.62%), Vitamin K: 1.55µg (1.48%), Copper: 0.03mg (1.47%), Potassium: 37.16mg (1.06%), Vitamin B5: 0.1mg (1.01%), Vitamin B6: 0.02mg (1.01%)