



Delicious Peanut Butter Cookies

READY IN



40 min.

SERVINGS



48

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1.3 cups brown sugar light packed
- ☐ 3 tablespoons milk
- ☐ 0.8 cup peanut butter
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 tablespoon vanilla extract

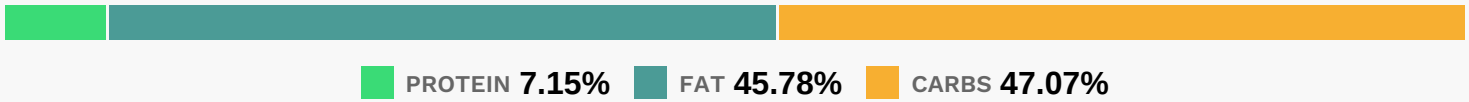
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ In a medium bowl, cream together shortening, brown sugar, and peanut butter until smooth. Stir in egg, milk, and vanilla.
- ☐ Combine flour, baking soda, and salt; stir into the peanut butter mixture until well blended. Drop by rounded spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:1.693478261647%

Nutrients (% of daily need)

Calories: 83.96kcal (4.2%), Fat: 4.36g (6.7%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.08g (6.75%), Cholesterol: 3.52mg (1.17%), Sodium: 74.19mg (3.23%), Alcohol: 0.09g (100%), Alcohol %: 0.63% (100%), Protein: 1.53g (3.06%), Manganese: 0.09mg (4.74%), Vitamin B3: 0.81mg (4.07%), Vitamin E: 0.51mg (3.41%), Folate: 12.29µg (3.07%), Selenium: 2.08µg (2.97%), Vitamin B1: 0.04mg (2.85%), Phosphorus: 21.6mg (2.16%), Magnesium: 8.59mg (2.15%), Vitamin B2: 0.04mg (2.11%), Iron: 0.34mg (1.89%), Copper: 0.03mg (1.35%), Fiber: 0.32g (1.27%), Vitamin B6: 0.02mg (1.22%), Vitamin K: 1.17µg (1.11%), Potassium: 38.31mg (1.09%), Vitamin B5: 0.1mg (1.02%), Zinc: 0.15mg (1.01%)