



Double Chocolate Chunk-Peanut Cookies

READY IN



45 min.

SERVINGS



28

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 11.5 ounce chocolate chunks
- ☐ 1 cup dry-roasted peanuts unsalted
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup chunky peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.3 cup cocoa unsweetened sifted

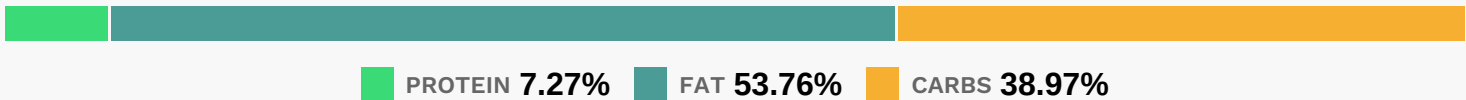
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; add chunky peanut butter and sugars, beating well.
- ☐ Add eggs, beating until blended.
- ☐ Combine flour and next 5 ingredients.
- ☐ Add to butter mixture, beating well.
- ☐ Stir in peanuts and chocolate chunks.
- ☐ Shape dough into 2-inch balls (about 2 tablespoons for each cookie). Flatten slightly, and place on ungreased baking sheets.
- ☐ Bake at 375 for 12 to 15 minutes or until lightly browned. Cool on pan 1 to 2 minutes; remove to wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:10.18, Inflammation Score:-4, Nutrition Score:7.1734781977923%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 311.59kcal (15.58%), Fat: 19.27g (29.64%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 28.93g (10.52%), Sugar: 20.05g (22.28%), Cholesterol: 22.7mg (7.57%), Sodium: 212.52mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.37mg (4.12%), Protein: 5.87g (11.73%), Manganese: 0.53mg (26.56%), Copper: 0.28mg (13.86%), Vitamin B3: 2.67mg (13.33%), Magnesium: 53.2mg (13.3%), Phosphorus: 110.38mg (11.04%), Fiber: 2.5g (9.98%), Iron: 1.72mg (9.54%), Selenium: 6.2µg (8.85%), Vitamin E: 1.27mg (8.48%), Folate: 33.04µg (8.26%), Vitamin B1: 0.11mg (7.08%), Potassium: 200.41mg (5.73%), Zinc: 0.83mg (5.56%), Vitamin B2: 0.09mg (5.49%), Calcium: 38.34mg (3.83%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.34mg (3.42%), Vitamin K: 3.18µg (3.03%), Vitamin A: 126.62IU (2.53%)