



Double Peanut Butter Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup plus light
- ☐ 0.8 cup creamy peanut butter divided
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 cup sugar

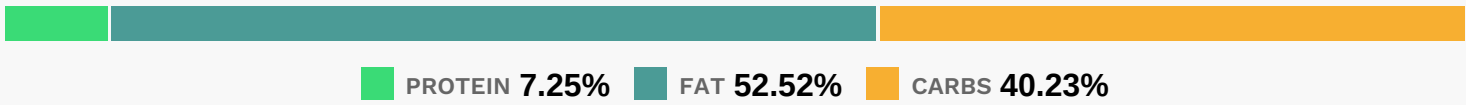
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine flour, sugar, baking soda and salt. Blend in shortening and 1/2 cup peanut butter until mixture resembles coarse meal. Blend in syrup and milk.
- ☐ Form into a roll 2 inches thick; chill at least 30 minutes.
- ☐ Cut into 1/8-inch to 1/4-inch-thick slices. Arrange half the slices on ungreased baking sheets; spread each with 1/2 teaspoon peanut butter. Top with remaining slices; seal edges with a fork.
- ☐ Bake at 350 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:2.8604348018442%

Nutrients (% of daily need)

Calories: 140.79kcal (7.04%), Fat: 8.51g (13.09%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.07g (5.12%), Sugar: 7.78g (8.65%), Cholesterol: 0.08mg (0.02%), Sodium: 84.42mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Manganese: 0.17mg (8.59%), Vitamin B3: 1.53mg (7.67%), Vitamin E: 1mg (6.68%), Folate: 21.23µg (5.31%), Vitamin B1: 0.08mg (5.05%), Selenium: 3.04µg (4.34%), Magnesium: 15.46mg (3.86%), Phosphorus: 36.4mg (3.64%), Vitamin B2: 0.06mg (3.27%), Iron: 0.51mg (2.82%), Fiber: 0.6g (2.39%), Copper: 0.05mg (2.27%), Vitamin K: 2.32µg (2.21%), Vitamin B6: 0.04mg (1.98%), Zinc: 0.28mg (1.85%), Potassium: 54.89mg (1.57%), Vitamin B5: 0.15mg (1.51%)