



Easiest Peanut Butter Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



120 kcal

DESSERT

Ingredients



1 large eggs



1 cup peanut butter



1 cup sugar



1 teaspoon vanilla extract

Equipment



bowl



baking sheet

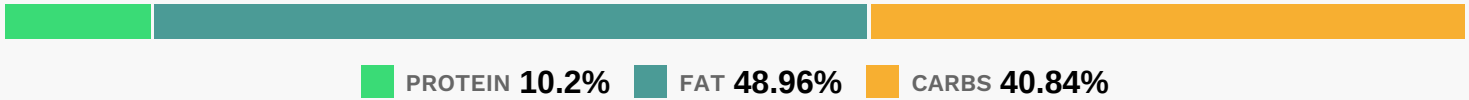


oven

Directions

- ☐ Stir together 1 cup peanut butter, 1 cup sugar, 1 large egg, and 1 tsp. vanilla extract in a large bowl until combined; shape dough into 1-inch balls.
- ☐ Place balls 1 inch apart on ungreased baking sheets, and flatten gently with tines of a fork.
- ☐ Bake at 325 for 15 minutes or until golden brown.
- ☐ Remove to wire racks to cool.
- ☐ Variations: Evenly press 1 cup of your desired addition, such as chocolate morsels, chocolate-coated toffee bits, or chopped peanuts, onto the top of prepared cookie dough on baking sheets; bake as directed.
- ☐ Peanut Butter-and-Chocolate Cookies: Divide peanut butter cookie dough in half. Stir 2 melted semisweet chocolate baking squares into half of dough. Shape doughs into 30 (1-inch) half peanut butter, half chocolate-peanut butter balls. Flatten gently with a spoon. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:7.3, Inflammation Score:-1, Nutrition Score:2.7426087043208%

Nutrients (% of daily need)

Calories: 119.66kcal (5.98%), Fat: 6.86g (10.56%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.26g (4.46%), Sugar: 11.37g (12.63%), Cholesterol: 9.3mg (3.1%), Sodium: 59.01mg (2.57%), Alcohol: 0.07g (100%), Alcohol %: 0.34% (100%), Protein: 3.22g (6.44%), Manganese: 0.19mg (9.53%), Vitamin B3: 1.72mg (8.59%), Vitamin E: 1.2mg (8.01%), Magnesium: 22.13mg (5.53%), Phosphorus: 48.69mg (4.87%), Vitamin B6: 0.06mg (3.08%), Folate: 12.27µg (3.07%), Copper: 0.06mg (2.84%), Fiber: 0.62g (2.48%), Zinc: 0.36mg (2.41%), Vitamin B2: 0.04mg (2.24%), Potassium: 76.7mg (2.19%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.18mg (1.75%), Iron: 0.27mg (1.51%), Vitamin B1: 0.02mg (1.25%)