



Easy Chocolate-Dipped Peanut Butter Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



18

CALORIES



170 kcal

DESSERT

Ingredients

- 1 cup creamy peanut butter
- 1 eggs
- 0.5 cup planters cocktail peanuts unsalted finely chopped
- 4 oz baker's semi-sweet chocolate
- 0.5 cup sugar

Equipment

- baking sheet
- oven

Directions

- Heat oven to 325F.
- Mix peanut butter, sugar and egg until blended. Refrigerate 30 min.
- Roll peanut butter mixture into 18 balls.
- Place, 3 inches apart, on baking sheets. Flatten each ball, in crisscross pattern, with fork.
- Bake 18 to 20 min. or until lightly browned. Cool on baking sheets 5 min.
- Remove to wire racks; cool completely.
- Cover baking sheet with parchment or waxed paper. Melt chocolate as directed on package. Partially dip cookies in chocolate; gently shake off excess chocolate. Dip cookies in nuts; place on prepared baking sheet. Refrigerate until chocolate is firm.

Nutrition Facts

 **PROTEIN 11.15%**  **FAT 60.44%**  **CARBS 28.41%**

Properties

Glycemic Index:5.46, Glycemic Load:4.27, Inflammation Score:-2, Nutrition Score:5.0247825889484%

Nutrients (% of daily need)

Calories: 170.05kcal (8.5%), Fat: 12g (18.46%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 11.11g (4.04%), Sugar: 9.37g (10.41%), Cholesterol: 9.47mg (3.16%), Sodium: 66.54mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.42mg (1.81%), Protein: 4.98g (9.96%), Manganese: 0.4mg (20.08%), Vitamin B3: 2.61mg (13.03%), Magnesium: 43.23mg (10.81%), Vitamin E: 1.37mg (9.12%), Copper: 0.18mg (8.87%), Phosphorus: 85.55mg (8.55%), Fiber: 1.58g (6.31%), Folate: 23.21µg (5.8%), Iron: 0.85mg (4.72%), Zinc: 0.65mg (4.33%), Potassium: 150.22mg (4.29%), Vitamin B6: 0.08mg (4.2%), Vitamin B1: 0.05mg (3.34%), Selenium: 2.19µg (3.13%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.28mg (2.8%), Calcium: 16.65mg (1.67%)