

Easy Flourless Chocolate-Peanut Butter Cookies

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

Ingredients

- 1 Tbsp cornstarch
- 1 cup creamy peanut butter
- 1 eggs beaten
- 0.5 cup planters cocktail peanuts chopped
- 2 oz baker's semi-sweet chocolate cooled melted ()
- 1 cup sugar

Equipment

baking sheet

oven

Directions

Heat oven to 350F.

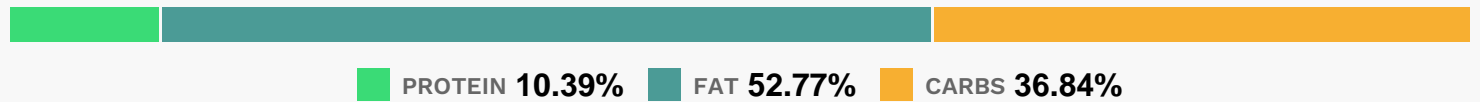
Mix ingredients until blended; shape into 36 (1-inch) balls.

Place, 2 inches apart, on baking sheets. Flatten, in crisscross pattern, with fork.

Bake 8 to 10 min. or until lightly browned. Cool on baking sheet 1 min.

Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:4.07, Inflammation Score:-1, Nutrition Score:2.2804347866255%

Nutrients (% of daily need)

Calories: 87.45kcal (4.37%), Fat: 5.41g (8.32%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.82g (2.85%), Sugar: 6.88g (7.64%), Cholesterol: 4.64mg (1.55%), Sodium: 33.16mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Manganese: 0.18mg (9.01%), Vitamin B3: 1.29mg (6.45%), Magnesium: 18.85mg (4.71%), Vitamin E: 0.68mg (4.5%), Phosphorus: 38.71mg (3.87%), Copper: 0.07mg (3.47%), Folate: 11.6µg (2.9%), Fiber: 0.66g (2.66%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.28mg (1.89%), Potassium: 66.24mg (1.89%), Iron: 0.33mg (1.82%), Vitamin B1: 0.02mg (1.64%), Selenium: 0.99µg (1.41%), Vitamin B2: 0.02mg (1.4%), Vitamin B5: 0.14mg (1.35%)