



Easy Peanut Butter Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



18

CALORIES



156 kcal

DESSERT

Ingredients

- 1 cup creamy peanut butter
- 1 eggs
- 0.5 cup planters cocktail peanuts chopped
- 1 cup sugar
- 1 tsp vanilla

Equipment

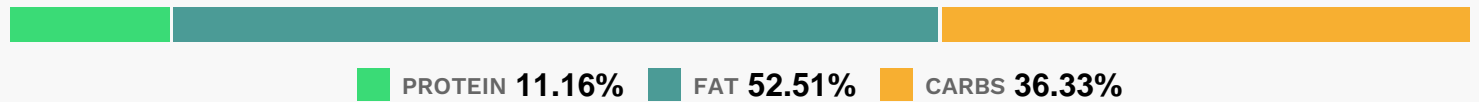
- bowl
- baking sheet

- oven
- blender

Directions

- Heat oven to 350F.
- Beat egg in large bowl with mixer until foamy.
- Add remaining ingredients; mix well.
- Shape into 1-inch balls.
- Place, 2 inches apart, on baking sheets. Flatten, in crisscross pattern, with tines of fork.
- Bake 10 min. or until lightly browned. Cool on baking sheets 1 min.
- Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:8.14, Inflammation Score:-2, Nutrition Score:4.0869564914509%

Nutrients (% of daily need)

Calories: 155.63kcal (7.78%), Fat: 9.6g (14.78%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.88g (5.05%), Sugar: 12.63g (14.04%), Cholesterol: 9.09mg (3.03%), Sodium: 65.99mg (2.87%), Alcohol: 0.08g (100%), Alcohol %: 0.32% (100%), Protein: 4.59g (9.19%), Manganese: 0.32mg (15.94%), Vitamin B3: 2.56mg (12.78%), Vitamin E: 1.33mg (8.88%), Magnesium: 32.17mg (8.04%), Phosphorus: 69.18mg (6.92%), Folate: 23.21µg (5.8%), Copper: 0.1mg (4.97%), Fiber: 1.07g (4.29%), Vitamin B6: 0.08mg (4.1%), Potassium: 114.95mg (3.28%), Zinc: 0.48mg (3.22%), Vitamin B1: 0.05mg (3.21%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.26mg (2.61%), Iron: 0.46mg (2.53%), Selenium: 1.7µg (2.42%), Calcium: 12.83mg (1.28%)