



Easy Peanut Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk baking mix
- ☐ 1 eggs
- ☐ 0.8 cup peanut butter
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

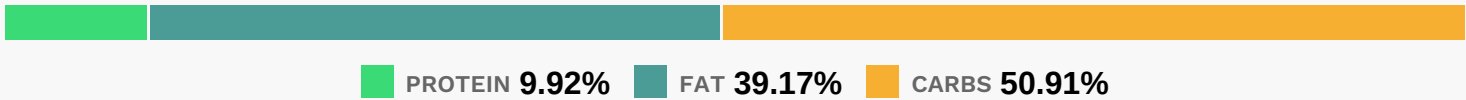
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, beat condensed milk, peanut butter, egg and vanilla until smooth.
- ☐ Add biscuit mix, and mix well. Chill at least 1 hour.
- ☐ Shape dough into 1 inch balls.
- ☐ Roll the balls in sugar.
- ☐ Place 2 inches apart on ungreased baking sheets. Flatten balls slightly with a fork.
- ☐ Bake for 6 to 8 minutes, or until lightly browned (DO NOT OVERBAKE). Cool. Store in a tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:4.3, Inflammation Score:-1, Nutrition Score:2.0978261005619%

Nutrients (% of daily need)

Calories: 81.58kcal (4.08%), Fat: 3.64g (5.6%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.36g (3.77%), Sugar: 7.6g (8.44%), Cholesterol: 6.32mg (2.11%), Sodium: 92.93mg (4.04%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 2.08g (4.15%), Phosphorus: 65.66mg (6.57%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.78mg (3.91%), Manganese: 0.08mg (3.86%), Calcium: 34.95mg (3.5%), Selenium: 2.06µg (2.94%), Vitamin B1: 0.04mg (2.81%), Folate: 11.06µg (2.76%), Vitamin E: 0.4mg (2.64%), Magnesium: 10.33mg (2.58%), Potassium: 62.99mg (1.8%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.37%), Copper: 0.03mg (1.34%), Iron: 0.24mg (1.34%), Fiber: 0.3g (1.19%), Vitamin B12: 0.06µg (1.07%)