



Easy Peanut Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 2 tsbp brown sugar
- ☐ 1 large eggs
- ☐ 0.3 cup flour
- ☐ 1 cup peanut butter
- ☐ 0.5 cup peanut butter cups mini cut into halves

Equipment

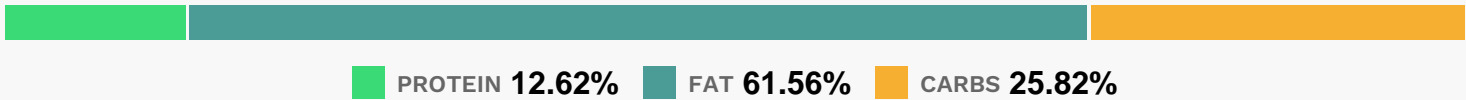
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350F and line two baking sheets with silpat mats or parchment paper.
- ☐ Combine peanut butter, flour, brown sugar, egg into a large bowl and mix until smooth dough forms. Stir in chopped up peanut butter cups. Take 2 tbsp of dough, roll into a smooth ball between palm of your hands.
- ☐ Place on baking sheet and then push down gently with palm of hand to form a thick round disk. Cookies will not spread much during baking so make sure the cookie dough is smooth and round and slightly less than 1/2 inch in thickness.
- ☐ Bake for about 10 minutes until cookies are set.
- ☐ Let cookies finish cooling on cookie sheets so that cookies can finish setting. Once cookies are firm, remove and enjoy.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:5.8704347756246%

Nutrients (% of daily need)

Calories: 208.31kcal (10.42%), Fat: 15.01g (23.1%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 12.62g (4.59%), Sugar: 8.01g (8.9%), Cholesterol: 16.21mg (5.4%), Sodium: 140.36mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin B3: 3.6mg (17.99%), Manganese: 0.34mg (17.01%), Vitamin E: 2.02mg (13.48%), Magnesium: 44.92mg (11.23%), Phosphorus: 103.88mg (10.39%), Folate: 32.7µg (8.18%), Copper: 0.13mg (6.33%), Fiber: 1.55g (6.2%), Vitamin B6: 0.12mg (5.8%), Vitamin B2: 0.09mg (5.31%), Zinc: 0.78mg (5.17%), Vitamin B1: 0.08mg (5.16%), Selenium: 3.5µg (5.01%), Potassium: 171.39mg (4.9%), Iron: 0.75mg (4.17%), Vitamin B5: 0.38mg (3.8%), Calcium: 22.73mg (2.27%), Vitamin B12: 0.07µg (1.13%)