



Easy Whole Wheat Peanut Butter Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 0.5 cup honey
- 1 cup peanut butter
- 1.3 cups flour whole wheat

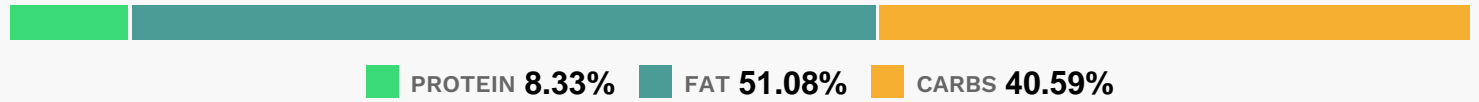
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large bowl, mix together the peanut butter, butter, honey, brown sugar and egg until smooth.
- Combine the whole wheat flour and baking powder; stir into the batter until blended.
- Roll into small balls, and place on a greased cookie sheet. Flatten slightly using a fork.
- Bake for 13 to 15 minutes in the preheated oven, or until cookies are slightly toasted at the edges.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:2.23, Inflammation Score:-1, Nutrition Score:2.8108695809446%

Nutrients (% of daily need)

Calories: 107.29kcal (5.36%), Fat: 6.44g (9.91%), Saturated Fat: 2.4g (15%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.72g (3.9%), Sugar: 7.61g (8.45%), Cholesterol: 11.33mg (3.78%), Sodium: 65.66mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.28mg (14.03%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.77mg (5.12%), Selenium: 3.35µg (4.79%), Magnesium: 18.43mg (4.61%), Phosphorus: 45.09mg (4.51%), Fiber: 0.8g (3.2%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.56%), Folate: 8.79µg (2.2%), Zinc: 0.32mg (2.14%), Vitamin B1: 0.03mg (2.1%), Iron: 0.35mg (1.94%), Potassium: 64.52mg (1.84%), Vitamin A: 85.76IU (1.72%), Vitamin B2: 0.03mg (1.71%), Calcium: 15.72mg (1.57%), Vitamin B5: 0.13mg (1.31%)