



Fiber One® Peanut Butter Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



94 kcal

DESSERT

Ingredients

- 1.5 cups all-bran cereal
- 0.5 cup butter softened
- 0.5 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup creamy peanut butter
- 2 eggs
- 1.3 cups flour all-purpose
- 0.5 teaspoon baking soda

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 1 tablespoon granulated sugar

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 375°F.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
- In large bowl, beat butter, 1/2 cup granulated sugar and the brown sugar and with electric mixer on medium speed until creamy. On low speed, beat in peanut butter and eggs until smooth. Beat in flour, baking soda, baking powder and salt until well blended.
- Stir in cereal until well blended.
- Shape dough into 1 1/4-inch balls. On ungreased cookie sheet, place balls about 3 inches apart. Flatten in crisscross pattern with fork dipped in 1 tablespoon granulated sugar.
- Bake 10 to 11 minutes or until set and very light golden brown. Cool 1 minute; remove from cookie sheet to cooling rack.

Nutrition Facts



■ PROTEIN 7.77% ■ FAT 43.24% ■ CARBS 48.99%

Properties

Glycemic Index:10.16, Glycemic Load:5.19, Inflammation Score:-3, Nutrition Score:4.8073913390222%

Nutrients (% of daily need)

Calories: 93.66kcal (4.68%), Fat: 4.78g (7.35%), Saturated Fat: 1g (6.25%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.14g (4.05%), Sugar: 6.87g (7.63%), Cholesterol: 9.09mg (3.03%), Sodium: 93.45mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin B6: 0.33mg (16.68%), Manganese: 0.28mg (13.82%), Folate: 46.08µg (11.52%), Vitamin B12: 0.51µg (8.51%), Vitamin B1: 0.1mg (6.6%), Vitamin B2: 0.11mg (6.54%), Vitamin B3: 1.12mg (5.61%), Phosphorus: 53.45mg (5.34%), Iron: 0.79mg (4.39%), Magnesium: 17.04mg (4.26%), Fiber: 1.05g (4.18%), Selenium: 2.67µg (3.81%), Vitamin A: 171.11IU (3.42%), Vitamin E: 0.48mg (3.22%), Zinc: 0.47mg (3.16%), Copper: 0.05mg (2.58%), Calcium: 20.61mg (2.06%), Potassium: 60.04mg (1.72%), Vitamin B5: 0.13mg (1.29%), Vitamin D: 0.16µg (1.07%)