



PB&J Sandwich Cookies

 Dairy Free

READY IN



70 min.

SERVINGS



18

CALORIES



258 kcal

DESSERT

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 1 serving vegetable oil for on cookie mix pouch
- 16 oz vanilla frosting (from 1-lb container)
- 2 tablespoons peanut butter
- 0.3 cup jam

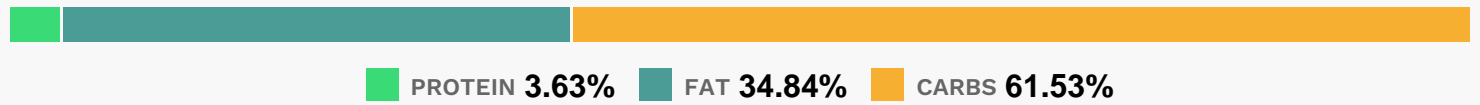
Equipment

- bowl
- oven

Directions

- Heat oven to 375°F. Make cookies as directed on pouch, using oil and egg. Cool completely, about 30 minutes.
- In small bowl, stir frosting and peanut butter until smooth.
- For each sandwich cookie, spread generous teaspoon frosting mixture on bottom of 1 cookie; spread scant teaspoon jelly over peanut butter mixture. Top with another cookie, bottom side down.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:9.75, Inflammation Score:0, Nutrition Score:1.3460869452228%

Nutrients (% of daily need)

Calories: 258.42kcal (12.92%), Fat: 10.2g (15.69%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 39.4g (14.33%), Sugar: 29.97g (33.29%), Cholesterol: 0mg (0%), Sodium: 282.36mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin B2: 0.08mg (4.96%), Fiber: 1.14g (4.55%), Vitamin K: 4.71µg (4.49%), Vitamin E: 0.62mg (4.12%), Iron: 0.46mg (2.54%), Vitamin B3: 0.29mg (1.47%), Manganese: 0.03mg (1.43%), Phosphorus: 11.76mg (1.18%), Folate: 4.24µg (1.06%)