



Peanut Butter Cookies

 Dairy Free

READY IN



155 min.

SERVINGS



30

CALORIES



102 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1 eggs
- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup peanut butter

- 0.3 teaspoon salt
- 0.3 cup shortening

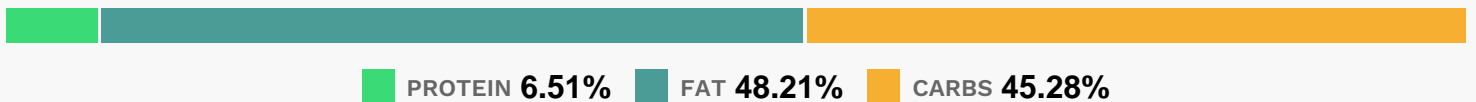
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Mix sugars, peanut butter, shortening, butter and egg in large bowl. Stir in remaining ingredients. Cover and refrigerate about 2 hours or until firm.
- Heat oven to 375F.
- Shape dough into 1 1/4-inch balls.
- Place about 3 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped into sugar.
- Bake 9 to 10 minutes or until light golden brown. Cool 5 minutes; remove from cookie sheet. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:8.37, Glycemic Load:5.32, Inflammation Score:-1, Nutrition Score:1.9221739075754%

Nutrients (% of daily need)

Calories: 102.23kcal (5.11%), Fat: 5.63g (8.66%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 11.55g (4.2%), Sugar: 7.35g (8.17%), Cholesterol: 5.46mg (1.82%), Sodium: 93.41mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.1mg (5.08%), Vitamin B3: 0.88mg (4.42%), Vitamin E: 0.57mg (3.82%), Selenium: 2.46µg (3.51%), Folate: 13.97µg (3.49%), Vitamin B1: 0.05mg (3.2%), Phosphorus: 25.15mg (2.51%), Vitamin B2: 0.04mg (2.47%), Magnesium: 8.99mg (2.25%), Iron: 0.38mg (2.1%), Vitamin A: 75.58IU (1.51%), Copper: 0.03mg (1.43%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.28%), Calcium:

11.3mg (1.13%), Zinc: 0.17mg (1.11%), Vitamin B5: 0.11mg (1.09%), Potassium: 37.6mg (1.07%)