

Flour-Less Peanut Butter Cookies

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



89 kcal

DESSERT

Ingredients

- 1 cup peanut butter
- 0.5 cup honey
- 1 large eggs
- 1 teaspoon baking soda
- 0.5 teaspoon vanilla extract

Equipment

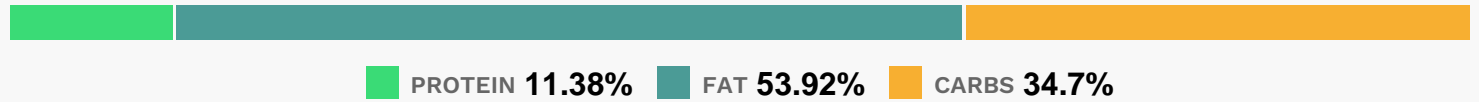
- baking sheet
- oven

mixing bowl

Directions

- Preheat oven to 350F.
- Mix all ingredients in a large mixing bowl, stir well.
- Drop by spoonfuls on to lightly greased cookie sheet, about 2" apart.
- Bake for about 12 minutes, the cookies will be soft to the touch.
- Place on rack to cool.

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:2.3360869565217%

Nutrients (% of daily need)

Calories: 88.87kcal (4.44%), Fat: 5.69g (8.76%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 7.71g (2.8%), Sugar: 6.95g (7.72%), Cholesterol: 7.75mg (2.58%), Sodium: 94.97mg (4.13%), Protein: 2.7g (5.4%), Manganese: 0.16mg (8.2%), Vitamin B3: 1.44mg (7.2%), Vitamin E: 1mg (6.67%), Magnesium: 18.57mg (4.64%), Phosphorus: 40.85mg (4.09%), Vitamin B6: 0.05mg (2.65%), Folate: 10.37µg (2.59%), Copper: 0.05mg (2.46%), Fiber: 0.53g (2.12%), Zinc: 0.32mg (2.1%), Vitamin B2: 0.03mg (1.93%), Potassium: 67.3mg (1.92%), Selenium: 1.14µg (1.62%), Vitamin B5: 0.15mg (1.51%), Iron: 0.25mg (1.4%), Vitamin B1: 0.02mg (1.05%)