



Flourless Eggless Peanut Butter Cookies

 Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 1 tsp baking soda
- ☐ 1 cup reduced fat creamy peanut butter
- ☐ 1 cup brown sugar light
- ☐ 0.5 cup nonfat fage greek strained yogurt
- ☐ 0.7 cups semi chocolate chips

Equipment

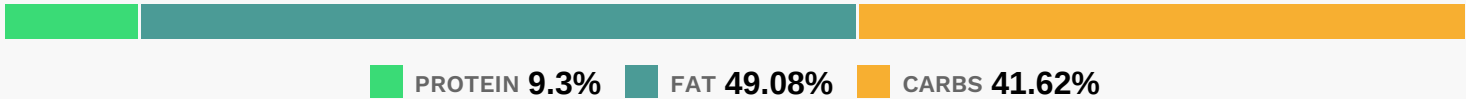
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix everything except chocolate chips in medium bowl until smooth with a large wooden spoon. Stir in chocolate chips. Batter will be very sticky and wet. Line baking sheets with parchment paper. Scoop generous 1 tablespoon dough and place onto cookie sheet, space about 2 inches apart. Using moistened hands, shape dough so that dough are round circles.
- ☐ Bake cookies until golden about 10 minutes. Leave cookies on sheet to cool and set before removing from baking sheets.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:5.3460868895054%

Nutrients (% of daily need)

Calories: 223.72kcal (11.19%), Fat: 12.73g (19.58%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 22.71g (8.26%), Sugar: 20.56g (22.84%), Cholesterol: 0.87mg (0.29%), Sodium: 176.78mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.37mg (2.46%), Protein: 5.43g (10.85%), Manganese: 0.39mg (19.72%), Vitamin B3: 2.56mg (12.78%), Magnesium: 48.43mg (12.11%), Vitamin E: 1.73mg (11.53%), Copper: 0.19mg (9.65%), Phosphorus: 95.1mg (9.51%), Fiber: 1.57g (6.28%), Iron: 0.98mg (5.43%), Potassium: 183.51mg (5.24%), Zinc: 0.74mg (4.92%), Vitamin B6: 0.1mg (4.79%), Folate: 16.51µg (4.13%), Calcium: 35.32mg (3.53%), Vitamin B2: 0.06mg (3.5%), Selenium: 2.37µg (3.39%), Vitamin B5: 0.27mg (2.65%), Vitamin B1: 0.03mg (1.98%), Vitamin B12: 0.07µg (1.09%)