



Flourless Peanut Butter-Chocolate Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



100

CALORIES



32 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup creamy peanut butter
- ☐ 1 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semisweet chocolate morsels
- ☐ 0.8 cup sugar

Equipment

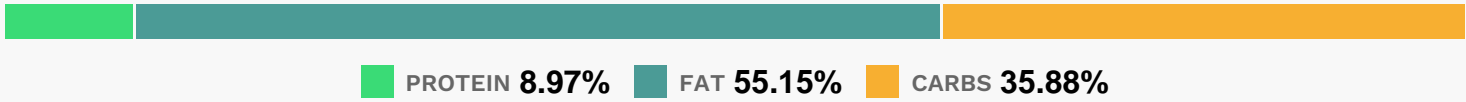
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 5 ingredients in medium bowl until well blended. Stir in chocolate morsels.
- ☐ Drop dough by rounded tablespoonfuls 2 inches apart onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 12 to 14 minutes or until puffed and lightly browned. Cool on baking sheets on a wire rack 5 minutes.
- ☐ Remove to wire rack, and let cool 15 minutes.

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:0.81826087119787%

Nutrients (% of daily need)

Calories: 32.31kcal (1.62%), Fat: 2.06g (3.17%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.75g (1%), Sugar: 2.43g (2.7%), Cholesterol: 1.97mg (0.66%), Sodium: 23.26mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Manganese: 0.06mg (3.09%), Magnesium: 7.59mg (1.9%), Vitamin B3: 0.36mg (1.79%), Copper: 0.03mg (1.69%), Vitamin E: 0.25mg (1.67%), Phosphorus: 14.42mg (1.44%), Fiber: 0.27g (1.07%)