



Flourless Peanut Butter Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



15

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup creamy peanut butter
- ☐ 1 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

Equipment

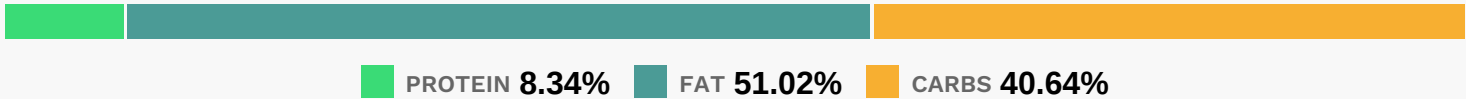
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix everything except chocolate chips in medium bowl until smooth. 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 on sheets to form balls.
- ☐ Bake cookies until golden about 10–12 minutes. Cookies will still be very soft and not set. Leave cookies on sheet to cool and set.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:5.6395651685155%

Nutrients (% of daily need)

Calories: 233.05kcal (11.65%), Fat: 13.7g (21.08%), Saturated Fat: 4.49g (28.03%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 22.77g (8.28%), Sugar: 20.47g (22.74%), Cholesterol: 13.12mg (4.37%), Sodium: 156.8mg (6.82%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Caffeine: 10.32mg (3.44%), Protein: 5.04g (10.08%), Manganese: 0.42mg (21.09%), Magnesium: 51.92mg (12.98%), Vitamin B3: 2.41mg (12.04%), Copper: 0.23mg (11.57%), Vitamin E: 1.67mg (11.15%), Phosphorus: 96.7mg (9.67%), Fiber: 1.79g (7.14%), Iron: 1.22mg (6.77%), Potassium: 189.35mg (5.41%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.09mg (4.61%), Selenium: 2.91µg (4.16%), Folate: 16.51µg (4.13%), Vitamin B2: 0.05mg (3.18%), Calcium: 29.92mg (2.99%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.03mg (1.93%)