



Flourless Peanut Butter Cookies with Jif Whips

 Gluten Free

READY IN



20 min.

SERVINGS



54

CALORIES



79 kcal

DESSERT

Ingredients

- 1 tablespoon chocolate for softer chocolate (optional –)
- 1 large eggs
- 1 cup granulated sugar
- 5 ounces bittersweet chocolate chopped
- 1 teaspoon vanilla extract
- 15 oz peanut butter

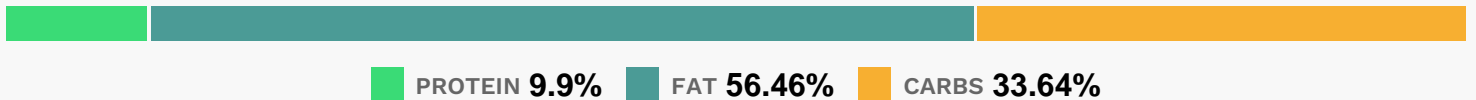
Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack
- microwave

Directions

- Preheat oven to 350 degrees F and line two baking sheets with parchment paper. In a mixing bowl, stir together all ingredients except for chocolate to form a smooth dough. Using a heaping teaspoon, spoon balls of dough onto cookie sheets. Round off the tops a little bit with your fingertips or the back of a spoon.
- Bake for about 9 to 11 minutes or until they appear set, then transfer to a wire rack to cool. Melt the chocolate and butter in the microwave using 50% power and stirring every 30 seconds. Spoon a little chocolate over the top of each cookie.
- Put the cookies in the refrigerator until the chocolate is set. You can make half a batch by using 2 tablespoons of beaten egg

Nutrition Facts



Properties

Glycemic Index: 2.35, Glycemic Load: 2.84, Inflammation Score: -1, Nutrition Score: 2.0343478448365%

Nutrients (% of daily need)

Calories: 79.4kcal (3.97%), Fat: 5.22g (8.04%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.64g (6.27%), Cholesterol: 3.6mg (1.2%), Sodium: 35.45mg (1.54%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 2.06g (4.12%), Manganese: 0.15mg (7.61%), Vitamin B3: 1.07mg (5.36%), Vitamin E: 0.74mg (4.96%), Magnesium: 18.36mg (4.59%), Phosphorus: 35.76mg (3.58%), Copper: 0.07mg (3.42%), Fiber: 0.6g (2.41%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.88%), Iron: 0.33mg (1.82%), Folate: 7.22µg (1.8%), Potassium: 61.55mg (1.76%), Vitamin B2: 0.02mg (1.29%), Selenium: 0.86µg (1.23%), Vitamin B5: 0.11mg (1.06%)