



## Flourless Peanut Butter Oatmeal Cookies



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



271 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup creamy peanut butter store bought (use rather than natural)
- ☐ 1 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1 cup oats quick
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

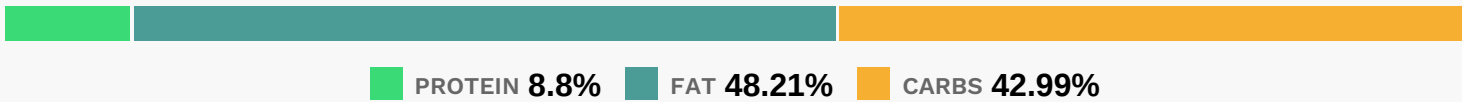
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Add everything except oats and chocolate chips in a large bowl. Using a whisk or large spoon, mix until batter is smooth. Stir in oats and 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 look done but if you touch them, they will not be fully set. Leave cookies on sheet to cool and set before moving them.

## Nutrition Facts



## Properties

Glycemic Index:5.64, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:7.478695632323%

## Nutrients (% of daily need)

Calories: 271.18kcal (13.56%), Fat: 15.08g (23.2%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 27.8g (10.11%), Sugar: 22.01g (24.46%), Cholesterol: 14.06mg (4.69%), Sodium: 168.17mg (7.31%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 11.06mg (3.69%), Protein: 6.2g (12.39%), Manganese: 0.7mg (35.05%), Magnesium: 71.27mg (17.82%), Copper: 0.27mg (13.47%), Vitamin B3: 2.63mg (13.13%), Phosphorus: 130.14mg (13.01%), Vitamin E: 1.83mg (12.22%), Fiber: 2.46g (9.83%), Iron: 1.57mg (8.75%), Selenium: 5.09µg (7.27%), Zinc: 1.05mg (6.97%), Potassium: 223.61mg (6.39%), Vitamin B6: 0.1mg (5.23%), Folate: 19.54µg (4.88%), Vitamin B1: 0.06mg (4.15%), Vitamin B2: 0.06mg (3.82%), Vitamin B5: 0.35mg (3.51%), Calcium: 34.78mg (3.48%), Vitamin K: 1.18µg (1.12%)