



Flourless Peanutty-Peanut Butter Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



100

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 large eggs
- ☐ 1 cup chunky peanut butter
- ☐ 1 cup lightly peanuts salted coarsely chopped
- ☐ 0.5 teaspoon vanilla extract

Equipment

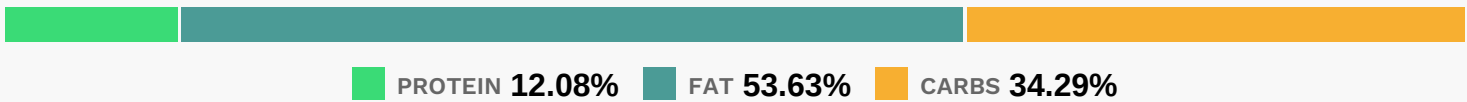
- ☐ bowl

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

Directions

- ☐ Stir together first 5 ingredients in a medium bowl, using a wooden spoon. Stir in peanuts.
- ☐ Drop cookie dough by rounded tablespoonfuls onto a parchment paper-lined baking sheet.
- ☐ Bake at 350 for 12 minutes or until puffed and golden. (Cookies will be soft in the center.) Cool cookies on baking sheet 5 minutes.
- ☐ Remove to a wire rack.

Nutrition Facts



Properties

Glycemic Index:0.14, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.88869565134139%

Nutrients (% of daily need)

Calories: 32.99kcal (1.65%), Fat: 2.08g (3.2%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.74g (1%), Sugar: 2.41g (2.68%), Cholesterol: 1.86mg (0.62%), Sodium: 29.66mg (1.29%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 1.06g (2.11%), Manganese: 0.07mg (3.69%), Vitamin B3: 0.56mg (2.82%), Magnesium: 7.07mg (1.77%), Vitamin E: 0.24mg (1.6%), Phosphorus: 15.48mg (1.55%), Copper: 0.02mg (1.09%), Folate: 4.32µg (1.08%), Fiber: 0.25g (1.02%)