



Fudge-Filled Peanut Butter Cookies

 Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup shortening

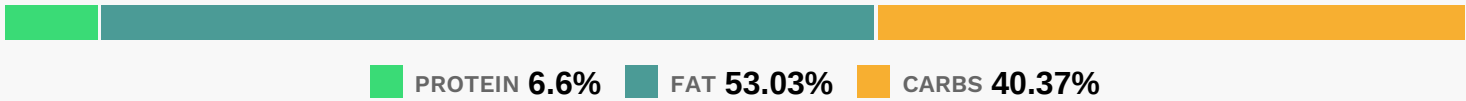
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 375F (if using dark or nonstick cookie sheet, heat oven to 350F). In large bowl, beat 1/2 cup peanut butter, the shortening, granulated sugar and brown sugar with electric mixer on medium speed until fluffy. Beat in egg until smooth. Beat in flour, baking powder and baking soda.
- ☐ Shape dough into 48 one-inch balls. On ungreased cookie sheet, place balls 1 inch apart. Flatten balls to 1/4-inch thickness by pressing with a fork in a crisscross pattern.
- ☐ Bake 4 to 8 minutes or until bottoms are golden brown.
- ☐ Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ In small microwavable bowl, microwave chocolate chips uncovered on High about 1 minute or until softened; stir until smooth. Stir 1/4 cup peanut butter into chocolate until smooth. Cool to room temperature or until thickened.
- ☐ Sandwich pairs of cookies, bottoms together, with 1 teaspoon chocolate mixture.
- ☐ Let stand about 1 hour or until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:4.1286956752124%

Nutrients (% of daily need)

Calories: 190.76kcal (9.54%), Fat: 11.52g (17.72%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.56g (6.75%), Sugar: 12.23g (13.59%), Cholesterol: 7.27mg (2.42%), Sodium: 80.04mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.23g (6.45%), Manganese: 0.27mg (13.43%), Vitamin B3: 1.55mg (7.76%), Magnesium: 29.03mg (7.26%), Vitamin E: 1.06mg (7.09%), Copper: 0.14mg (7.06%), Phosphorus: 61.8mg (6.18%), Iron: 1.02mg (5.69%), Selenium: 3.96µg (5.65%), Folate: 20.55µg (5.14%), Fiber: 1.17g (4.7%), Vitamin B1: 0.07mg (4.64%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.48mg (3.18%), Potassium: 104.17mg (2.98%), Vitamin K: 2.86µg (2.73%), Calcium: 24.35mg (2.44%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.2mg (2.02%)