



Gluten-Free Peanut Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 1 eggs
- ☐ 16 oz flour gluten free
- ☐ 1 teaspoon xanthan gum

- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt

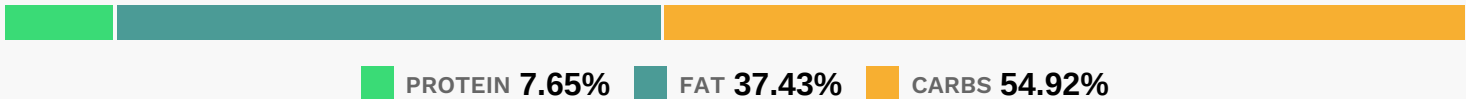
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F.
- ☐ In large bowl, mix sugars, peanut butter, shortening, vanilla and egg. Stir in remaining ingredients.
- ☐ Shape dough into 36 (1 1/4-inch) balls.
- ☐ Place about 3 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped in granulated sugar.
- ☐ Bake 8 to 10 minutes or until light golden brown. Cool 5 minutes; remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:8.98, Inflammation Score:-1, Nutrition Score:2.7178260619226%

Nutrients (% of daily need)

Calories: 117.08kcal (5.85%), Fat: 4.93g (7.58%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.69g (5.71%), Sugar: 6.16g (6.85%), Cholesterol: 4.55mg (1.52%), Sodium: 67.32mg (2.93%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 2.27g (4.53%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.99%), Selenium: 4.85µg (6.92%), Folate: 26.74µg (6.69%), Vitamin B3: 1.23mg (6.13%), Vitamin B2: 0.08mg (4.43%), Iron: 0.69mg (3.85%), Vitamin E: 0.52mg (3.48%), Phosphorus: 28.53mg (2.85%), Magnesium: 9.26mg (2.32%), Fiber: 0.58g (2.31%), Copper: 0.04mg (1.79%), Vitamin K: 1.57µg (1.49%), Vitamin B5: 0.14mg (1.35%), Zinc:

0.2mg (1.31%), Vitamin B6: 0.02mg (1.24%), Potassium: 39.93mg (1.14%)