



Honey-Peanut Butter Cookies

 Dairy Free

READY IN



25 min.

SERVINGS



60

CALORIES



96 kcal

DESSERT

Ingredients

- 0.5 cup shortening
- 1 cup creamy peanut butter
- 1 cup honey
- 2 large eggs lightly beaten room temperature
- 3 cups flour all-purpose
- 1 cup sugar
- 1.5 teaspoons baking soda
- 1 teaspoon double-acting baking powder

0.5 teaspoon salt

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 350°. In a bowl, mix shortening, peanut butter and honey.

Add eggs; mix well.

Combine flour, sugar, baking soda, baking powder and salt; add to peanut butter mixture and mix well.

Roll into 1-1 1/2-in. balls and place on ungreased baking sheets. Flatten with a fork dipped in flour.

Bake until set, 8-10 minutes.

Remove to wire racks to cool.

Nutrition Facts



PROTEIN 7.4% **FAT 37.4%** **CARBS 55.2%**

Properties

Glycemic Index:5.06, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:1.9978260889487%

Nutrients (% of daily need)

Calories: 95.95kcal (4.8%), Fat: 4.14g (6.36%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 13.35g (4.85%), Sugar: 8.44g (9.38%), Cholesterol: 6.2mg (2.07%), Sodium: 75.07mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Manganese: 0.11mg (5.54%), Vitamin B3: 0.95mg (4.74%), Selenium: 2.87µg (4.1%), Folate: 16.03µg (4.01%), Vitamin B1: 0.06mg (3.73%), Vitamin E: 0.52mg (3.45%), Vitamin B2: 0.05mg (2.91%), Phosphorus: 26.31mg (2.63%), Iron: 0.43mg (2.38%), Magnesium: 8.97mg (2.24%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.14%), Potassium: 36.26mg (1.04%)