



JIF® Irresistible Peanut Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups firmly brown sugar light packed
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose sifted
- ☐ 3 tablespoons milk
- ☐ 0.8 cup jif® peanut butter
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vanilla

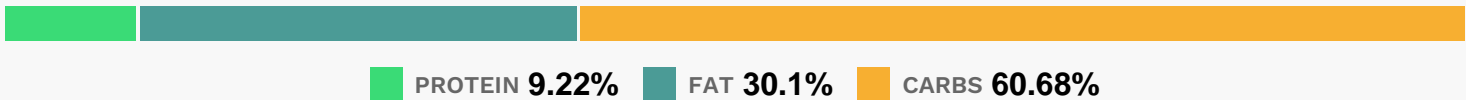
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Place sheets of foil on countertop for cooling cookies.
- ☐ Combine brown sugar, JIF® peanut butter, shortening, milk and vanilla in large bowl. Beat at medium speed of electric mixer until well blended.
- ☐ Add egg. Beat just until blended.
- ☐ Combine flour, baking soda and salt.
- ☐ Add to creamed mixture at low speed.
- ☐ Mix just until blended.
- ☐ Drop by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheet. Flatten slightly in crisscross pattern with tines of fork.
- ☐ Bake one baking sheet at a time for 7-8 minutes or until set and just beginning to brown. Do not over-bake. Cool 2 minutes on baking sheet.
- ☐ Remove cookies to foil to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:5.26, Inflammation Score:-1, Nutrition Score:3.20260873032%

Nutrients (% of daily need)

Calories: 130.16kcal (6.51%), Fat: 4.44g (6.84%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 19.53g (7.1%), Sugar: 12.15g (13.5%), Cholesterol: 7.05mg (2.35%), Sodium: 148.21mg (6.44%), Alcohol: 0.19g (100%), Alcohol %: 0.71% (100%), Protein: 3.06g (6.12%), Manganese: 0.19mg (9.49%), Vitamin B3: 1.63mg (8.14%), Folate: 24.59µg (6.15%), Selenium: 4.16µg (5.94%), Vitamin B1: 0.08mg (5.63%), Vitamin E: 0.76mg (5.07%), Phosphorus: 43.19mg (4.32%), Magnesium: 17.17mg (4.29%), Vitamin B2: 0.07mg (4.23%), Iron: 0.68mg (3.76%), Copper: 0.05mg (2.71%), Fiber: 0.63g (2.53%), Vitamin B6: 0.05mg (2.45%), Potassium: 76.62mg (2.19%), Zinc: 0.3mg (2.03%), Calcium: 18.27mg (1.83%), Vitamin B5: 0.18mg (1.76%)