



Light and Soft Peanut Butter Cookies

 Vegetarian

READY IN



95 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup creamy peanut butter reduced-fat jif® such as
- ☐ 0.5 cup crunchy peanut butter reduced-fat jif® such as
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup butter unsalted
- ☐ 0.3 cup sugar white

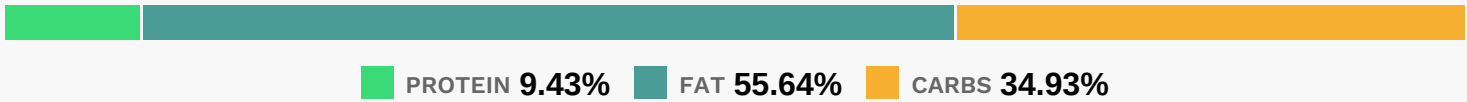
Equipment

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

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Sift flour, baking soda, and salt together in a bowl.
- ☐ Beat butter, creamy peanut butter, and crunchy peanut butter together in a large bowl until smooth. Beat egg white and white sugar into butter mixture until smooth.
- ☐ Add whole egg and brown sugar; continue to beat until smooth. Gradually stir flour mixture into butter mixture until batter is well mixed.
- ☐ Roll the dough into 1 1/4-inch balls and place 2 inches apart onto ungreased baking sheets. Press balls with a fork creating a crosshatch. Freeze cookie dough on baking sheet until dough is firm, 5 to 8 minutes.
- ☐ Bake in the preheated oven until cookies puff up, about 15 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:5.9, Inflammation Score:-2, Nutrition Score:3.5434782932634%

Nutrients (% of daily need)

Calories: 148.51kcal (7.43%), Fat: 9.52g (14.65%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.57g (4.57%), Sugar: 6.79g (7.54%), Cholesterol: 16.99mg (5.66%), Sodium: 102.43mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.23mg (11.29%), Vitamin B3: 1.87mg

(9.35%), Vitamin E: 0.96mg (6.41%), Folate: 23.36µg (5.84%), Selenium: 3.93µg (5.61%), Magnesium: 19.94mg (4.98%), Phosphorus: 47.94mg (4.79%), Vitamin B1: 0.07mg (4.58%), Vitamin B2: 0.07mg (3.91%), Fiber: 0.88g (3.5%), Copper: 0.07mg (3.38%), Iron: 0.57mg (3.19%), Vitamin B6: 0.05mg (2.7%), Vitamin A: 128.08IU (2.56%), Potassium: 87.62mg (2.5%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.19mg (1.87%), Calcium: 10.92mg (1.09%)