



Lisa Loeb's Peanut Butter and Jelly Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup creamy peanut butter
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 0.5 cup jam (such as St. Dalfour's Four Fruits)
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon milk whole
- ☐ 3 cups flour whole-wheat

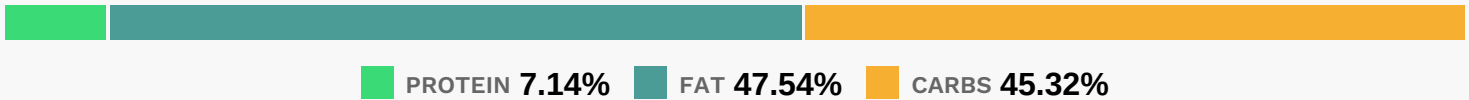
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Using an electric mixer, beat butter and sugar at high speed until light and fluffy, about 2 minutes.
- ☐ Add peanut butter and beat until thoroughly incorporated, about 30 seconds. Scrape down bowl, add the egg, and beat until smooth, about 20 seconds.
- ☐ In a large bowl, whisk together flour, salt, and baking powder.
- ☐ Add dry ingredients to butter-sugar mixture and beat at low speed until just combined, about 1 minute. Scrape down bowl, then add milk and beat at low speed until just combined, about 30 seconds.
- ☐ Gather and press dough together, then divide into 2 equal pieces. Using a sheet of waxed paper as an aid, form each piece of dough into a log about 1 1/2 inches in diameter. Wrap logs tightly in plastic wrap and refrigerate until firm, at least 2 hours and up to 2 days. (Dough can be made ahead and frozen in an airtight bag for up to 6 months).
- ☐ Preheat oven to 400°F and lightly butter 2 large baking sheets.
- ☐ Cut each log crosswise into 1/8-inch-thick slices and arrange slices 1/2 inch apart on prepared baking sheets. Top each cookie with a 1/2-teaspoon dollop of jam.
- ☐ Bake cookies until edges are lightly browned and centers are set, about 10 minutes. Cool on sheets 2 minutes, then transfer to a rack to cool completely. (Cookies will keep, stored in a covered container at room temperature, up to 2 days.)

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:4.216956515675%

Nutrients (% of daily need)

Calories: 149.78kcal (7.49%), Fat: 8.25g (12.69%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.32g (5.93%), Sugar: 8.84g (9.82%), Cholesterol: 18.74mg (6.25%), Sodium: 57.13mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Manganese: 0.49mg (24.6%), Selenium: 7.06µg (10.09%), Phosphorus: 61.9mg (6.19%), Vitamin B3: 1.22mg (6.11%), Magnesium: 23.86mg (5.97%), Fiber: 1.38g (5.52%), Vitamin E: 0.73mg (4.85%), Vitamin B1: 0.06mg (3.95%), Copper: 0.07mg (3.66%), Vitamin B6: 0.07mg (3.53%), Vitamin A: 166.2IU (3.32%), Iron: 0.56mg (3.1%), Zinc: 0.43mg (2.84%), Folate: 10.44µg (2.61%), Potassium: 82.04mg (2.34%), Vitamin B2: 0.04mg (2.3%), Calcium: 21.05mg (2.11%), Vitamin B5: 0.16mg (1.55%)