



## Mable's Potato Cookies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

### Ingredients

- 1 baking potato
- 4 cups confectioners' sugar
- 1 cup peanut butter

### Equipment

- plastic wrap

### Directions

- Boil unpeeled potato until soft.
- Let cool slightly then peel and mash.
- Stir in confectioners' sugar into the mashed potato and mix until stiff. On a piece of waxed paper or plastic wrap roll out potato mixture into 1/4 inch thick rectangle.
- Spread peanut butter over entire area (adjust thickness to suit taste).
- Roll up jellyroll-fashion wrap with plastic wrap and refrigerate for few hours.
- Cut into slices to serve.

## Nutrition Facts



### Properties

Glycemic Index:8.23, Glycemic Load:3.05, Inflammation Score:-2, Nutrition Score:4.9486956700035%

### Nutrients (% of daily need)

Calories: 297.98kcal (14.9%), Fat: 11g (16.92%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 46.66g (16.97%), Sugar: 41.49g (46.1%), Cholesterol: 0mg (0%), Sodium: 93.92mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Manganese: 0.34mg (17.23%), Vitamin B3: 3.04mg (15.22%), Vitamin E: 1.96mg (13.07%), Magnesium: 40.42mg (10.1%), Phosphorus: 82.65mg (8.26%), Vitamin B6: 0.16mg (7.83%), Potassium: 196.08mg (5.6%), Copper: 0.11mg (5.57%), Folate: 20.98µg (5.24%), Fiber: 1.26g (5.05%), Zinc: 0.6mg (4.01%), Vitamin B2: 0.05mg (3.21%), Iron: 0.55mg (3.05%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.19µg (1.7%), Calcium: 13.24mg (1.32%), Vitamin C: 1.01mg (1.23%)