



No Bake Peanut Butter Cookies I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup milk
- ☐ 0.5 cup peanut butter
- ☐ 3 cups cooking oats quick
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

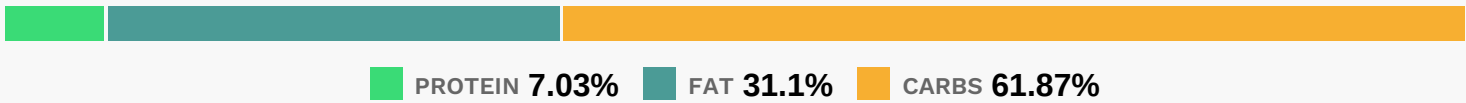
Equipment

- ☐ sauce pan
- ☐ wax paper

Directions

- ☐ Combine sugar, milk, butter and cocoa in a saucepan and bring to a boil, cooking 1 minute.
- ☐ Remove from heat and add remaining ingredients. Stir and mix well.
- ☐ Drop by teaspoons onto wax paper, letting stand 30 minutes or when dry and cool. Store in well-sealed container.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:15.73, Inflammation Score:-2, Nutrition Score:4.0086956697962%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 155.29kcal (7.76%), Fat: 5.63g (8.67%), Saturated Fat: 2g (12.49%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 23.84g (8.67%), Sugar: 17.62g (19.57%), Cholesterol: 5.69mg (1.9%), Sodium: 40.77mg (1.77%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.87g (5.73%), Manganese: 0.53mg (26.59%), Magnesium: 39.21mg (9.8%), Phosphorus: 73.41mg (7.34%), Selenium: 3.95µg (5.64%), Fiber: 1.36g (5.46%), Vitamin B1: 0.07mg (4.36%), Vitamin E: 0.62mg (4.12%), Vitamin B3: 0.81mg (4.07%), Copper: 0.08mg (3.86%), Iron: 0.63mg (3.5%), Zinc: 0.51mg (3.43%), Potassium: 81.7mg (2.33%), Vitamin B2: 0.03mg (2.03%), Folate: 8.07µg (2.02%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.15mg (1.52%), Calcium: 14.94mg (1.49%), Vitamin A: 67.33IU (1.35%)