



HEALTH SCORE

68%

Nutty Peanut Butter-Chocolate Chip Cookies



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



8078 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.8 cup butter softened
- ☐ 1 cup creamy peanut butter
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 cup lightly peanuts salted

- ☐ 0.5 teaspoon salt
- ☐ 12 oz semisweet chocolate morsels
- ☐ 1.5 teaspoons vanilla extract

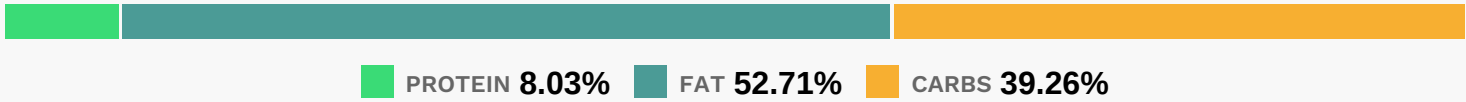
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Beat peanut butter, butter, and sugars at medium speed with a heavy-duty electric stand mixer until creamy.
- ☐ Add eggs and 1 1/2 tsp. vanilla, beating until blended.
- ☐ Combine flour, baking soda, and salt in a small bowl; gradually add to butter mixture, beating just until blended. Beat in morsels and peanuts just until combined. (Dough will look a little moist.) Drop by tablespoonfuls onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 10 to 14 minutes or until desired degree of doneness.
- ☐ Remove to wire racks, and cool completely (about 15 minutes).

Nutrition Facts



Properties

Glycemic Index:209.09, Glycemic Load:283.61, Inflammation Score:-10, Nutrition Score:80.292608924534%

Nutrients (% of daily need)

Calories: 8078.3kcal (403.91%), Fat: 484.89g (745.99%), Saturated Fat: 203.16g (1269.75%), Carbohydrates: 812.66g (270.89%), Net Carbohydrates: 751.62g (273.32%), Sugar: 463.8g (515.33%), Cholesterol: 758.45mg

(252.82%), Sodium: 5321.36mg (231.36%), Alcohol: 2.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 292.57mg (97.52%), Protein: 166.29g (332.59%), Manganese: 14.02mg (700.79%), Vitamin B3: 77.77mg (388.85%), Copper: 6.91mg (345.48%), Magnesium: 1379.8mg (344.95%), Phosphorus: 2907.47mg (290.75%), Selenium: 191.34µg (273.34%), Iron: 46.84mg (260.22%), Folate: 1031.47µg (257.87%), Fiber: 61.03g (244.12%), Vitamin B1: 3.43mg (228.67%), Vitamin E: 30.7mg (204.65%), Vitamin B2: 2.88mg (169.2%), Potassium: 5261.79mg (150.34%), Zinc: 22.19mg (147.95%), Vitamin B6: 2.02mg (100.84%), Vitamin A: 4964.64IU (99.29%), Vitamin B5: 9.1mg (90.97%), Calcium: 766.91mg (76.69%), Vitamin K: 38.42µg (36.59%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 2µg (13.33%)