



PB and Banana Cake Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1 medium banana ripe mashed
- ☐ 0.5 teaspoon vanilla
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1 serving roasted peanuts chopped

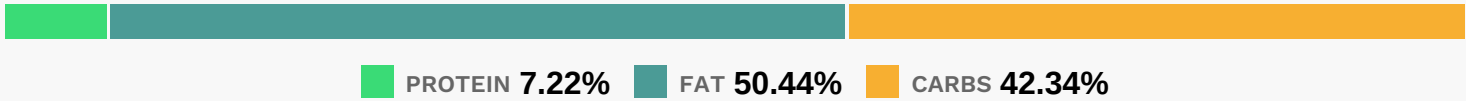
Equipment

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

Directions

- ☐ Heat oven to 350°F. In large bowl, beat butter, peanut butter and brown sugar with electric mixer on medium speed 2 minutes or until creamy. Beat in egg. On low speed, beat in banana and vanilla until smooth.
- ☐ In small bowl, mix flour, baking powder, baking soda and salt. On low speed, beat flour mixture into peanut butter mixture.
- ☐ Onto ungreased cookie sheet, drop dough by rounded tablespoonfuls about 1 inch apart.
- ☐ Bake 12 minutes or until golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack.
- ☐ Drizzle cookies with melted frosting and sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:3.1630434821481%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 140.84kcal (7.04%), Fat: 8.1g (12.46%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 14.58g (5.3%), Sugar: 7.15g (7.95%), Cholesterol: 22.65mg (7.55%), Sodium: 154.82mg (6.73%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 2.61g (5.22%), Manganese: 0.17mg (8.68%), Vitamin B3: 1.29mg (6.47%), Selenium: 4.17µg (5.95%), Folate: 23.78µg (5.94%), Vitamin B1: 0.08mg (5.45%), Phosphorus: 40.89mg (4.09%), Vitamin B2: 0.07mg (4.08%), Iron: 0.63mg (3.51%), Vitamin A: 174.97IU (3.5%), Vitamin E: 0.51mg (3.4%), Magnesium: 13.58mg (3.39%), Fiber: 0.73g (2.9%), Vitamin B6: 0.05mg (2.75%), Calcium: 26.1mg (2.61%), Copper: 0.05mg (2.42%), Potassium: 79.13mg (2.26%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.23mg (1.56%)