



PB&J Sandwich Cookies

 Dairy Free

READY IN



70 min.

SERVINGS



18

CALORIES



287 kcal

DESSERT

Ingredients

- 0.3 cup jam
- 2 tablespoons peanut butter
- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 0.3 cup vanilla frosting (from 1-lb container)
- 18 servings vegetable oil for on cookie mix pouch

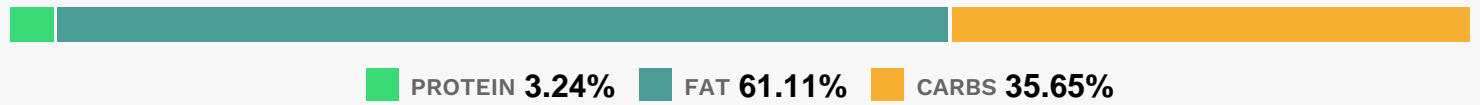
Equipment

- bowl
- oven

Directions

- Heat oven to 375F. Make cookies as directed on pouch, using oil and egg. Cool completely, about 30 minutes.
- In small bowl, stir frosting and peanut butter until smooth.
- For each sandwich cookie, spread generous teaspoon frosting mixture on bottom of 1 cookie; spread scant teaspoon jelly over peanut butter mixture. Top with another cookie, bottom side down.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:2.2147826325634%

Nutrients (% of daily need)

Calories: 287.47kcal (14.37%), Fat: 20.02g (30.8%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.13g (9.14%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 243.69mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 26.3µg (25.04%), Vitamin E: 1.38mg (9.19%), Fiber: 1.14g (4.55%), Iron: 0.43mg (2.37%), Manganese: 0.03mg (1.43%), Vitamin B3: 0.25mg (1.24%), Vitamin B2: 0.02mg (1.22%)