



HEALTH SCORE

66%

## PB&J Thumbprints



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4314 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1.5 cups chunky peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup strawberry jam seedless
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups flour whole-wheat white

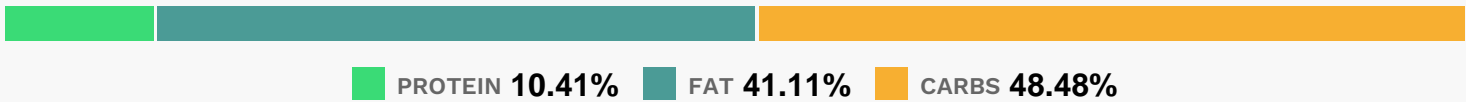
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon

## Directions

- ☐ Place racks in top and bottom thirds of oven; preheat to 350F. Line 2 large baking sheets with parchment.
- ☐ In a bowl, whisk flour, baking soda and salt. In a large bowl, using an electric mixer on low speed, beat peanut butter, sugar, egg, 1/4 cup water and vanilla until combined. Increase speed to medium and beat until mixture is well-blended and light, about 3 minutes. On low speed, gradually beat in flour mixture until just incorporated.
- ☐ Pinch off a heaping teaspoonful of dough and roll into a 1-inch ball.
- ☐ Place on a baking sheet. Repeat, covering both sheets, spacing dough balls 1 inch apart. With end of a wooden spoon handle, make an indentation in center of each ball. Fill each indentation with 1/4 teaspoon jam.
- ☐ Bake, switching sheets halfway through, until lightly browned, about 12 minutes.
- ☐ Let cool on sheets on wire racks for 2 minutes, then transfer to wire racks to cool completely. Repeat with remaining dough and jam.

## Nutrition Facts



## Properties

Glycemic Index:69, Glycemic Load:72.87, Inflammation Score:-10, Nutrition Score:70.559565108755%

## Nutrients (% of daily need)

Calories: 4314.01kcal (215.7%), Fat: 207.13g (318.67%), Saturated Fat: 41.44g (259.02%), Carbohydrates: 549.66g (183.22%), Net Carbohydrates: 509.96g (185.44%), Sugar: 337.91g (375.46%), Cholesterol: 186mg (62%), Sodium: 4108.33mg (178.62%), Alcohol: 1.38g (100%), Alcohol %: 0.17% (100%), Protein: 118.05g (236.1%), Manganese: 13.23mg (661.45%), Vitamin B3: 60.75mg (303.76%), Vitamin E: 37.26mg (248.42%), Magnesium: 933.74mg (233.43%), Selenium: 148.51µg (212.15%), Phosphorus: 2094.87mg (209.49%), Fiber: 39.71g (158.82%), Copper: 2.68mg (133.83%), Vitamin B6: 2.66mg (133.06%), Folate: 456.42µg (114.11%), Zinc: 15.33mg (102.2%), Vitamin B1: 1.49mg (99.02%), Potassium: 3334.74mg (95.28%), Iron: 16.46mg (91.44%), Vitamin B2: 1.4mg (82.22%), Vitamin B5: 6.28mg (62.8%), Calcium: 496.59mg (49.66%), Vitamin C: 14.96mg (18.13%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Vitamin A: 286.2IU (5.72%), Vitamin K: 4.73µg (4.51%)