

Peanut Butter and Bran Cookies



Vegetarian

READY IN

ready

33 min.

SERVINGS

servings

84

CALORIES

calories

65 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter melted
- ☐ 2 eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup peanut butter
- ☐ 0.8 cup rolled oats
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup wheat bran
- ☐ 0.8 cup sugar white

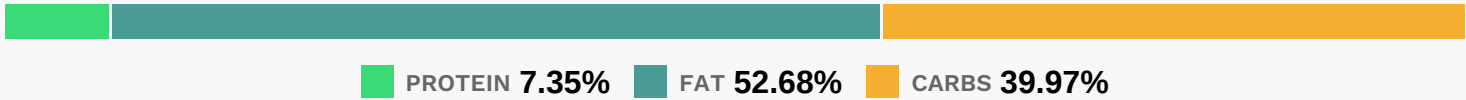
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, beat together the butter, brown sugar, white sugar, vanilla, peanut butter and eggs. In a separate bowl, mix the flour, bran, oats, and baking soda. Stir the flour mixture into the butter mixture until smooth. Drop by rounded teaspoons onto an ungreased cookie sheet.
- ☐ Bake for 15 to 18 minutes in the preheated oven.
- ☐ Remove to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:1.704782616833%

Nutrients (% of daily need)

Calories: 64.69kcal (3.23%), Fat: 3.96g (6.09%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.04g (4.49%), Cholesterol: 9.71mg (3.24%), Sodium: 58.76mg (2.55%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 1.24g (2.49%), Manganese: 0.17mg (8.26%), Vitamin B3: 0.62mg (3.12%), Magnesium: 11.18mg (2.8%), Selenium: 1.88µg (2.69%), Phosphorus: 25.17mg (2.52%), Vitamin E: 0.37mg (2.45%), Fiber: 0.57g (2.27%), Folate: 7.42µg (1.85%), Vitamin B1: 0.03mg (1.76%), Vitamin B2: 0.03mg (1.54%), Iron: 0.28mg (1.54%), Vitamin A: 73.25IU (1.47%), Copper: 0.03mg (1.36%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.18mg (1.23%)