



Peanut Butter and Chocolate Chunk Cookies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 11.5 ounce chocolate chunks divided
- ☐ 2 cups creamy peanut butter
- ☐ 3 large eggs
- ☐ 4.5 cups regular oats divided uncooked
- ☐ 1.5 cups pecans coarsely chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

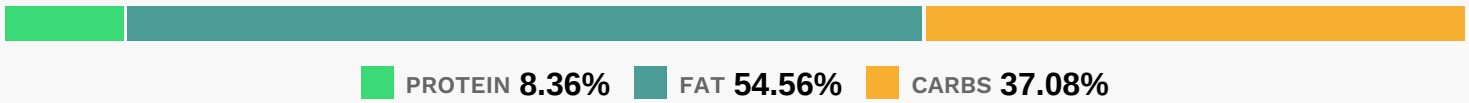
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add peanut butter, eggs, and vanilla; beat well.
- ☐ Add 4 1/4 cups oats, soda, and salt; stir well. Stir in 1 cup chocolate pieces and pecans. (Dough will be stiff.)
- ☐ Pack dough into a 1/4-cup measure. Drop dough 4 inches apart onto parchment lined cookie sheets. Lightly press each cookie with fingertips into a 3 1/2-inch circle. Press 3 or 4 remaining chocolate chunks into each cookie and sprinkle with remaining oats.
- ☐ Bake at 350 for 14 minutes (centers of cookies will be slightly soft). Cool 3 minutes on cookie sheets; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:7.9, Inflammation Score:-4, Nutrition Score:9.6273914271075%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate:

0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 337.44kcal (16.87%), Fat: 21.21g (32.63%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.99g (10.54%), Sugar: 19.93g (22.14%), Cholesterol: 19.25mg (6.42%), Sodium: 212.85mg (9.25%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Caffeine: 9.35mg (3.12%), Protein: 7.31g (14.63%), Manganese: 1.09mg (54.47%), Magnesium: 72.95mg (18.24%), Copper: 0.33mg (16.42%), Phosphorus: 162.59mg (16.26%), Fiber: 3.45g (13.79%), Vitamin B3: 2.59mg (12.96%), Vitamin E: 1.93mg (12.85%), Selenium: 7µg (10.01%), Iron: 1.78mg (9.9%), Zinc: 1.48mg (9.88%), Vitamin B1: 0.12mg (8.1%), Potassium: 243.48mg (6.96%), Vitamin B6: 0.12mg (5.78%), Folate: 22.34µg (5.59%), Vitamin B2: 0.09mg (5.28%), Vitamin B5: 0.49mg (4.88%), Calcium: 35.41mg (3.54%), Vitamin A: 170.82IU (3.42%), Vitamin K: 1.28µg (1.22%), Vitamin B12: 0.07µg (1.13%)