



Peanut Butter-and-Chocolate Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 2 semisweet chocolate baking squares
- ☐ 1 large eggs
- ☐ 1 cup peanut butter
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ baking sheet

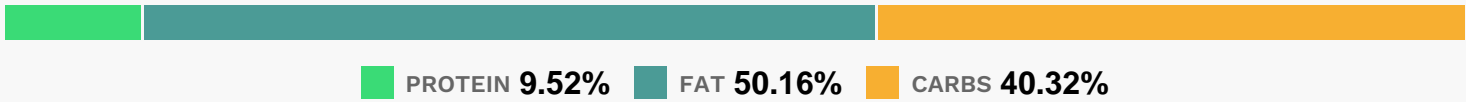
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 oven

Directions

- ☐ Stir together 1 cup peanut butter, 1 cup sugar, 1 large egg, and 1 tsp. vanilla extract in a large bowl until combined. Divide dough in half. Stir 2 melted semisweet chocolate baking squares into half of dough. Shape doughs into 30 (1-inch) half peanut butter, half chocolate-peanut butter balls.
- ☐ Place balls 1 inch apart on ungreased baking sheets; flatten gently with a spoon.
- ☐ Bake at 325 for 15 minutes or until golden brown.
- ☐ Remove to wire racks to cool.
- ☐ Variations: Evenly press 1 cup of your desired addition, such as chocolate morsels, chocolate-coated toffee bits, or chopped peanuts, onto the top of prepared cookie dough on baking sheets; bake as directed.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:7.3, Inflammation Score:-1, Nutrition Score:3.16608698018222%

Nutrients (% of daily need)

Calories: 135.88kcal (6.79%), Fat: 7.93g (12.21%), Saturated Fat: 2g (12.49%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.5g (4.91%), Sugar: 12.4g (13.77%), Cholesterol: 9.47mg (3.16%), Sodium: 59.29mg (2.58%), Alcohol: 0.07g (100%), Alcohol %: 0.31% (100%), Protein: 3.39g (6.78%), Manganese: 0.23mg (11.39%), Vitamin B3: 1.74mg (8.71%), Vitamin E: 1.22mg (8.12%), Magnesium: 27.05mg (6.76%), Phosphorus: 55.97mg (5.6%), Copper: 0.09mg (4.59%), Fiber: 0.84g (3.37%), Vitamin B6: 0.06mg (3.13%), Folate: 12.27µg (3.07%), Zinc: 0.44mg (2.9%), Potassium: 92.58mg (2.65%), Iron: 0.45mg (2.5%), Vitamin B2: 0.04mg (2.33%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.02mg (1.31%)