



Peanut Butter and Honey Whole Wheat Chocolate Chip Cookies

♥♥ Popular

READY IN



45 min.

SERVINGS



24

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups chocolate chips mini
- ☐ 0.5 cup creamy natural peanut butter
- ☐ 1 large eggs
- ☐ 1 cup gold medal flour whole wheat
- ☐ 6 tablespoons granulated sugar
- ☐ 4 tablespoons honey

- ☐ 6 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure

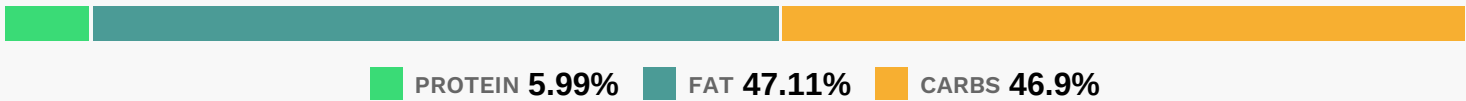
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F.and line a large baking sheet with a silpat liner or parchment paper.Beat butter and sugars until well combined. Stir in peanut butter, honey, egg and vanilla, stirring until well combined. Slowly stir in the Gold Medal Whole Wheat Flour, baking soda, salt and mini chocolate chips until just combined.With a medium cookie scoop, place dough onto prepared baking sheet about 1 inch apart.
- ☐ Bake for 11-13 minutes until golden around the edges.
- ☐ Remove and let cool for 10 minutes before transferring to cooling rack.

Nutrition Facts



Properties

Glycemic Index:5.68, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:2.9565216966945%

Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 9.53g (14.66%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 20.23g (7.36%), Sugar: 16.42g (18.24%), Cholesterol: 19.56mg (6.52%), Sodium: 82.33mg (3.58%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 2.72g (5.45%), Manganese: 0.29mg (14.4%), Selenium: 4.08µg (5.83%), Vitamin B3: 0.97mg (4.87%), Fiber: 1.1g (4.41%), Vitamin E: 0.66mg (4.38%), Phosphorus: 41.59mg (4.16%), Magnesium: 16.63mg (4.16%), Vitamin A: 154.56IU (3.09%), Iron: 0.49mg (2.7%), Vitamin B6: 0.05mg (2.5%),

Copper: 0.05mg (2.41%), Vitamin B1: 0.03mg (2.24%), Calcium: 22.43mg (2.24%), Zinc: 0.31mg (2.04%), Folate: 8.04µg (2.01%), Vitamin B2: 0.03mg (1.86%), Potassium: 58.47mg (1.67%), Vitamin B5: 0.13mg (1.31%)