



Peanut Butter-and-Jelly Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



98 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.3 cup natural creamy peanut butter (such as Smucker's)
- 0.3 cup plus dark
- 1 large eggs
- 1.3 cups flour all-purpose

- 0.3 cup granulated sugar
- 0.3 cup grape flavored
- 0.3 teaspoon salt
- 3 tablespoons stick margarine softened
- 2 teaspoons vanilla extract

Equipment

- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Beat first 4 ingredients at medium speed of a mixer until well-blended.
- Add egg; beat well. Beat in vanilla. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through salt), stirring well with a whisk.
- Add flour mixture to sugar mixture; beat well. Cover; freeze 30 minutes or until firm.
- Preheat oven to 37
- Shape dough into 24 balls; roll in granulated sugar.
- Place 1 inch apart on baking sheets coated with cooking spray. Press thumb into center of each cookie, leaving an indentation. Spoon about 1/2 teaspoon jelly into center of each cookie.
- Bake at 375 for 12 minutes or until lightly browned. Cool 2 minutes on pans.
- Remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:7.98, Inflammation Score:-1, Nutrition Score:1.933478280578%

Nutrients (% of daily need)

Calories: 97.82kcal (4.89%), Fat: 3.14g (4.83%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.88g (5.77%), Sugar: 9.88g (10.97%), Cholesterol: 7.75mg (2.58%), Sodium: 83.44mg (3.63%), Alcohol: 0.11g (100%), Alcohol %: 0.55% (100%), Protein: 1.62g (3.24%), Manganese: 0.1mg (4.81%), Selenium: 3.3µg (4.71%), Vitamin B1: 0.06mg (4.05%), Folate: 16.09µg (4.02%), Vitamin B3: 0.78mg (3.9%), Vitamin B2: 0.05mg (3.05%), Iron: 0.47mg (2.61%), Phosphorus: 23.98mg (2.4%), Vitamin E: 0.33mg (2.21%), Magnesium: 7.26mg (1.82%), Vitamin A: 78.4IU (1.57%), Copper: 0.03mg (1.48%), Calcium: 13.66mg (1.37%), Fiber: 0.34g (1.35%), Vitamin B6: 0.02mg (1.12%), Potassium: 37.48mg (1.07%)