



Peanut Butter and Jelly Gems

READY IN



45 min.

SERVINGS



56

CALORIES



60 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup brown sugar dark packed
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 0.3 cup egg substitute
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons chunky peanut butter
- ☐ 0.5 teaspoon salt

- ☐ 9 tablespoons strawberry fruit spread
- ☐ 2 teaspoons vanilla extract

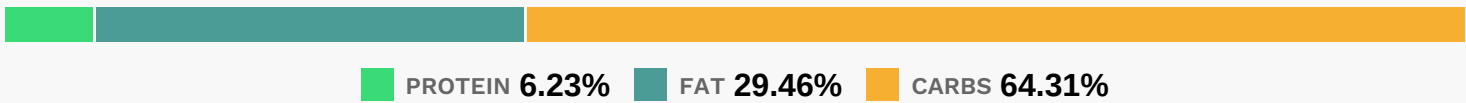
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Beat butter with a mixer at high speed until creamy; add brown sugar, beating well.
- ☐ Add granulated sugar and next 3 ingredients; beat until fluffy. Stir in peanuts.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a bowl; stir into peanut butter mixture. Cover dough, and chill 30 minutes.
- ☐ Preheat oven to 35
- ☐ Shape dough into 1-inch balls; place 2 inches apart on baking sheets coated with cooking spray. Press thumb in center of each ball to make an indentation.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned. Press centers again with thumb while cookies are still warm; fill center of each cookie with about 1/2 teaspoon fruit spread. Cool on pans 2 minutes.
- ☐ Remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:4.32, Inflammation Score:-1, Nutrition Score:1.09173914531%

Nutrients (% of daily need)

Calories: 60.13kcal (3.01%), Fat: 2g (3.08%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.58g (3.49%), Sugar: 6.35g (7.05%), Cholesterol: 2.91mg (0.97%), Sodium: 51.46mg (2.24%), Alcohol: 0.05g (100%), Alcohol %: 0.39% (100%), Protein: 0.95g (1.9%), Manganese: 0.06mg (2.98%), Selenium: 1.95µg (2.78%), Vitamin B3: 0.45mg (2.25%), Vitamin B1: 0.03mg (2.17%), Folate: 8.61µg (2.15%), Vitamin B2: 0.03mg (1.64%), Iron: 0.26mg (1.42%), Phosphorus: 11.98mg (1.2%), Magnesium: 4.3mg (1.07%)