



Peanut Butter-and-Jelly Sandwich Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 large egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup no-sugar-added cherries
- ☐ 0.3 cup butter softened
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

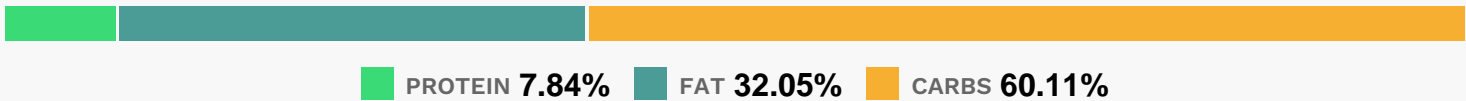
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Beat margarine and peanut butter with a mixer at medium speed until creamy. Gradually add sweetener and sugar, beating well.
- ☐ Add egg whites and vanilla; beat well.
- ☐ Combine flour, soda, and salt in a small bowl, stirring well. Gradually add flour mixture to creamed mixture, beating well.
- ☐ Shape dough into 40 (1-inch) balls.
- ☐ Place balls 2 inches apart on baking sheets coated with cooking spray. Flatten cookies into 2-inch circles using a flat-bottomed glass.
- ☐ Bake at 350 for 8 minutes or until lightly browned. Cool slightly on pans; remove, and let cool completely on wire racks.
- ☐ Spread about 1 1/2 teaspoons strawberry spread on the bottom of each of 20 cookies; top with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:2.3730434811796%

Nutrients (% of daily need)

Calories: 116.26kcal (5.81%), Fat: 4.07g (6.26%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.72g (6.08%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 115.73mg (5.03%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 2.24g (4.48%), Selenium: 4.55µg (6.49%), Manganese: 0.12mg (6.15%), Vitamin B1: 0.09mg (6.05%), Folate: 22.95µg (5.74%), Vitamin B3: 1.08mg (5.4%), Vitamin B2: 0.08mg (4.55%), Iron: 0.57mg (3.17%), Vitamin E: 0.39mg (2.59%), Phosphorus: 23.9mg (2.39%), Magnesium: 8.33mg (2.08%), Vitamin A: 101.5IU (2.03%), Fiber: 0.45g (1.8%), Copper: 0.03mg (1.54%), Zinc: 0.16mg (1.07%), Potassium: 36.91mg (1.05%)