



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 egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup low-sugar strawberry spread
- ☐ 0.3 cup butter softened
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla extract

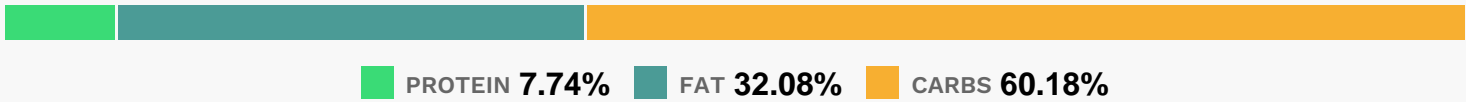
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat margarine and peanut butter at medium speed of an electric mixer until creamy. Gradually add 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, mixing well.
- ☐ Shape dough into 40 (1-inch) balls.
- ☐ Place balls 2 inches apart on cookie 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 cookie sheets; remove from cookie sheets, and let cool completely on wire racks.
- ☐ Spread about 1 1/2 teaspoons strawberry spread on the bottom of half the cooled cookies; top with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:2.3634782596289%

Nutrients (% of daily need)

Calories: 116.1kcal (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: 115.23mg (5.01%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 2.21g (4.42%), Selenium: 4.49µg (6.41%), Manganese: 0.12mg

(6.15%), Vitamin B1: 0.09mg (6.05%), Folate: 22.94µg (5.73%), Vitamin B3: 1.08mg (5.4%), Vitamin B2: 0.08mg (4.47%), Iron: 0.57mg (3.17%), Vitamin E: 0.39mg (2.59%), Phosphorus: 23.86mg (2.39%), Magnesium: 8.3mg (2.07%), Vitamin A: 101.5IU (2.03%), Fiber: 0.45g (1.8%), Copper: 0.03mg (1.53%), Zinc: 0.16mg (1.07%), Potassium: 36.42mg (1.04%)