



Peanut Butter Blow Outs

 Gluten Free

READY IN



40 min.

SERVINGS



32

CALORIES



173 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup lightly brown sugar packed
- ☐ 1 cup chocolate chips dark ()
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup m&ms plain
- ☐ 0.8 cup nuts mixed chopped (I used pecans, peanuts and cashews)
- ☐ 0.5 cup peanut butter

- ☐ 10 reese's miniature cut into chunks (use more or less as desired)
- ☐ 0.3 teaspoon salt unsalted (increase to)
- ☐ 0.5 cup butter salted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

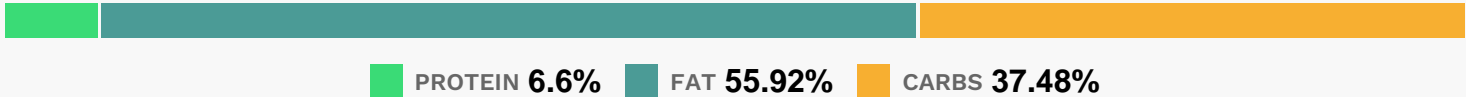
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Line two cookie sheets with foil or leave them ungreased.In a mixing bowl, beat the butter until creamy. Beat in the peanut butter until mixed.
- ☐ Add both sugars and beat until creamy, then beat in the vanilla, egg and milk. Scrape sides of bowl and beat in the salt and baking soda.
- ☐ Add the flour and stir with a spoon until mixed. Stir in the chocolate chips, M&Ms, miniature Reese's and nuts. The dough should be packed with chunks.Using a level tablespoon or heaping teaspoon, shape dough into balls and arrange on the baking sheets spacing 2 1/2 inches apart.
- ☐ Bake for about 10 minutes or until cookies appear set.
- ☐ Let cool on baking sheet for 10 minutes, then transfer to wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:2.76999999990671%

Nutrients (% of daily need)

Calories: 172.71kcal (8.64%), Fat: 11.07g (17.03%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.45g (14.94%), Cholesterol: 14.61mg (4.87%), Sodium: 105.85mg (4.6%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 2.94g (5.88%), Manganese: 0.14mg (6.77%), Magnesium: 20.54mg (5.13%), Phosphorus: 50.01mg (5%), Vitamin B3: 1mg (5%), Copper: 0.09mg (4.31%), Fiber: 0.99g (3.96%), Vitamin E: 0.56mg (3.76%), Calcium: 36.27mg (3.63%), Zinc: 0.53mg (3.53%), Potassium: 107.41mg (3.07%), Vitamin B2: 0.04mg (2.47%), Folate: 9.87µg (2.47%), Iron: 0.43mg (2.36%), Vitamin B6: 0.05mg (2.29%), Vitamin A: 112.46IU (2.25%), Vitamin B5: 0.2mg (1.98%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.14µg (1.63%)