



Peanut Butter Chip Chocolate Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups peanut butter chips
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups sugar white

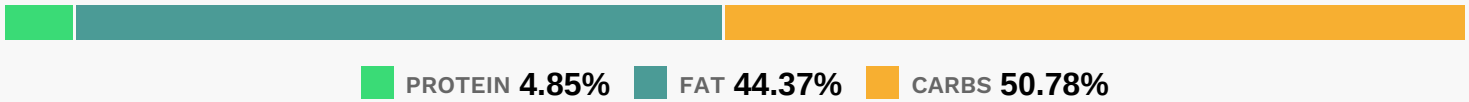
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together the butter and sugar. Stir in the eggs and vanilla.
- ☐ Combine the flour, cocoa, baking soda and salt, stir into the creamed mixture. Finally, fold in the peanut butter chips. Drop cookies by heaping teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until set. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:14.48, Inflammation Score:-3, Nutrition Score:3.1639130400575%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 165.51kcal (8.28%), Fat: 8.49g (13.06%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 20.69g (7.52%), Sugar: 12.61g (14.01%), Cholesterol: 33.98mg (11.33%), Sodium: 149.54mg (6.5%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.09g (4.17%), Manganese: 0.17mg (8.26%), Selenium: 5.17µg (7.38%), Vitamin B1: 0.09mg (5.71%), Copper: 0.11mg (5.47%), Folate: 21.83µg (5.46%), Vitamin A: 256.16IU (5.12%), Iron: 0.89mg (4.94%), Vitamin B2: 0.08mg (4.7%), Fiber: 1.17g (4.66%), Phosphorus: 38.33mg (3.83%), Magnesium: 14.88mg (3.72%), Vitamin B3: 0.68mg (3.38%), Zinc: 0.29mg (1.95%), Vitamin E: 0.27mg (1.78%), Potassium: 55.54mg (1.59%), Vitamin B5: 0.12mg (1.18%)