



## Peanut Butter Chip Cookies II

 Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



36

CALORIES



164 kcal

DESSERT

### Ingredients

- 2 cups buttermilk baking mix
- 0.5 cup brown sugar
- 1 cup creamy peanut butter
- 2 cups semi chocolate chips
- 0.3 cup shortening
- 0.3 cup water
- 0.5 cup sugar white

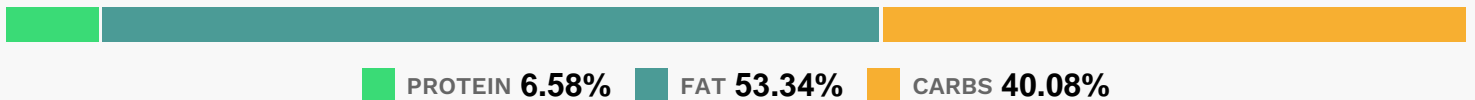
### Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat the oven to 400 degrees F (200 degrees C). Grease cookie sheets.
- In a medium bowl, cream together the peanut butter, shortening, white sugar and brown sugar until smooth. Stir in the water and baking mix.
- Mix in the chocolate chips.
- Roll into walnut sized balls and place 2 inches apart onto the prepared cookie sheet. Flatten slightly with the tines of a fork.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:2.11, Inflammation Score:-2, Nutrition Score:3.8578260361176%

## Nutrients (% of daily need)

Calories: 164.11kcal (8.21%), Fat: 9.95g (15.31%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.54g (5.65%), Sugar: 10.94g (12.15%), Cholesterol: 0.73mg (0.24%), Sodium: 117.86mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.76g (5.52%), Manganese: 0.26mg (13.11%), Phosphorus: 89.42mg (8.94%), Copper: 0.17mg (8.36%), Magnesium: 31.68mg (7.92%), Vitamin B3: 1.34mg (6.72%), Vitamin E: 0.81mg (5.39%), Iron: 0.96mg (5.36%), Fiber: 1.28g (5.14%), Folate: 14.53µg (3.63%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.49mg (3.26%), Potassium: 112.11mg (3.2%), Vitamin B2: 0.05mg (2.84%), Calcium: 24.29mg (2.43%), Selenium: 1.69µg (2.41%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 1.93µg (1.84%), Vitamin B5: 0.18mg (1.79%)