

Peanut Butter Chip Cookies (White Whole Wheat Flour)

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1.3 cups flour whole wheat white

- ☐ 2 tablespoons granulated sugar
- ☐ 6 oz peanut butter chips
- ☐ 0.3 teaspoon salt

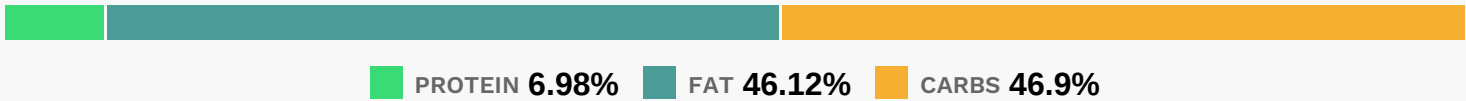
Equipment

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

Directions

- ☐ Heat oven to 375F. In large bowl, beat brown sugar, peanut butter, butter and egg with electric mixer on medium speed until creamy. On low speed, beat in flour, baking soda, baking powder and salt. Stir in peanut butter chips.
- ☐ Shape dough into 1 1/2-inch balls. Coat balls with granulated sugar. On ungreased cookie sheets, place balls about 2 inches apart (do not flatten).
- ☐ Bake 9 to 12 minutes or until light brown. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely; store tightly covered.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:1.7513043432618%

Nutrients (% of daily need)

Calories: 128.25kcal (6.41%), Fat: 6.84g (10.52%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 14.76g (5.37%), Sugar: 10.46g (11.62%), Cholesterol: 6.82mg (2.27%), Sodium: 140.09mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin E: 0.66mg (4.37%), Manganese: 0.09mg (4.26%), Vitamin B3: 0.73mg (3.64%), Vitamin A: 179.06IU (3.58%), Fiber: 0.88g (3.53%), Magnesium: 10.29mg (2.57%), Phosphorus: 25.13mg (2.51%), Calcium: 21.78mg (2.18%), Iron: 0.35mg (1.92%), Vitamin B6: 0.03mg (1.56%), Potassium: 53.94mg (1.54%), Copper: 0.03mg (1.42%), Folate: 5.62µg (1.41%), Selenium: 0.9µg (1.29%), Vitamin B2: 0.02mg (1.21%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.1mg (1.01%)