



Peanut Butter-Chocolate Chip Cookies

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



7233 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.8 cup butter softened
- ☐ 1 cup creamy peanut butter
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon salt

- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1.5 teaspoons vanilla extract

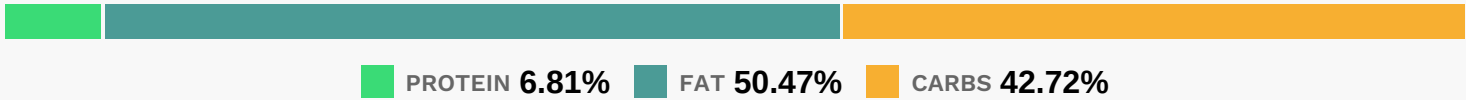
Equipment

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

Directions

- ☐ Beat peanut butter, butter, and sugars at medium speed with an electric mixer until creamy.
- ☐ Add eggs and vanilla, beating until blended.
- ☐ Combine flour, soda, and salt in a small bowl; gradually add to butter mixture, beating well. (Dough will look a little moist.) Stir in morsels. Drop by tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 for 8 to 14 minutes or until desired degree of doneness.
- ☐ Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:209.09, Glycemic Load:283.61, Inflammation Score:-10, Nutrition Score:77.997826203056%

Nutrients (% of daily need)

Calories: 7232.96kcal (361.65%), Fat: 413.3g (635.84%), Saturated Fat: 192.13g (1200.81%), Carbohydrates: 787.18g (262.39%), Net Carbohydrates: 739.14g (268.78%), Sugar: 463.8g (515.33%), Cholesterol: 758.45mg (252.82%), Sodium: 4689.18mg (203.88%), Alcohol: 2.06g (100%), Alcohol %: 0.17% (100%), Caffeine: 292.57mg (97.52%), Protein: 125.4g (250.8%), Manganese: 10.58mg (528.88%), Copper: 5.94mg (297.22%), Magnesium: 1134.52mg (283.63%), Vitamin B3: 55.97mg (279.84%), Selenium: 180.39µg (257.69%), Iron: 43.51mg (241.73%), Phosphorus: 2342.45mg (234.24%), Folate: 847.51µg (211.88%), Vitamin E: 30.7mg (204.65%), Vitamin B1: 2.97mg (197.81%), Fiber: 48.04g (192.15%), Vitamin B2: 2.75mg (161.9%), Zinc: 19.27mg (128.49%), Potassium: 4128.83mg (117.97%), Vitamin A: 4964.64IU (99.29%), Vitamin B6: 1.64mg (82.15%), Vitamin B5: 7.06mg (70.64%), Calcium: 620.91mg

(62.09%), Vitamin K: 38.42µg (36.59%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 2µg (13.33%)