



## Peanut Butter Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



180 kcal

### Ingredients

- 0.5 teaspoon baking soda
- 1 stick butter at room temperature
- 1 eggs
- 1.5 cups flour
- 0.5 teaspoon salt
- 1 cup smooth peanut butter
- 1 cup sugar
- 1 teaspoon vanilla

### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees. Grease a baking sheet. In a large bowl, cream together sugar and butter. Beat in egg to mixture.
- Mix in peanut butter and vanilla until smooth and creamy. Stir in salt, baking soda and flour until well combined.
- Roll dough into 1 inch balls and then roll in sugar.
- Place on baking sheet and flatten with fork.
- Bake for 12-15 minutes.

## Nutrition Facts

**PROTEIN 8.75%** **FAT 59.36%** **CARBS 31.89%**

## Properties

Glycemic Index:8.46, Glycemic Load:8.52, Inflammation Score:-2, Nutrition Score:4.3073913124592%

## Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 12.15g (18.69%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.83g (5.03%), Sugar: 3.31g (3.68%), Cholesterol: 16.94mg (5.65%), Sodium: 185.21mg (8.05%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 4.03g (8.05%), Manganese: 0.25mg (12.7%), Vitamin B3: 2.22mg (11.09%), Vitamin E: 1.35mg (9.02%), Folate: 32.53µg (8.13%), Vitamin B1: 0.11mg (7.46%), Selenium: 4.31µg (6.16%), Vitamin B2: 0.1mg (5.9%), Phosphorus: 56.16mg (5.62%), Magnesium: 21.6mg (5.4%), Iron: 0.88mg (4.87%), Fiber: 0.86g (3.42%), Copper: 0.07mg (3.34%), Vitamin B6: 0.06mg (3.07%), Vitamin A: 136.04IU (2.72%), Zinc: 0.4mg (2.69%), Potassium: 81.58mg (2.33%), Vitamin B5: 0.21mg (2.11%), Vitamin K: 1.48µg (1.4%)