Peanut Butter Cookies

 Vegetarian

READY IN	SERVINGS	CALORIES
75 min.	30	104 kcal

DESSERT

Ingredients

- [ ] 0.5 teaspoon double-acting baking powder
- [ ] 0.5 teaspoon baking soda
- [ ] 0.5 cup brown sugar packed
- [ ] 0.5 cup creamy peanut butter natural-style reduced-fat
- [ ] 1 large eggs
- [ ] 1.3 cups flour all-purpose
- [ ] 0.8 cup granulated sugar divided
- [ ] 0.3 teaspoon salt

- [ ] 7 tablespoons butter unsalted softened
- [ ] 0.5 teaspoon vanilla extract

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] knife
- [ ] whisk
- [ ] blender
- [ ] measuring cup

Directions

- [ ] Preheat oven to 37
- [ ] Place first 4 ingredients (through vanilla) and 1/2 cup granulated sugar in a bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- [ ] Add egg, beating well.
- [ ] Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- [ ] Combine flour and next 3 ingredients (through salt), stirring well with a whisk. Gradually add flour mixture to sugar mixture, beating well. Cover and refrigerate 15 minutes or until dough is firm.
- [ ] Roll dough into 30 (1 1/4-inch) balls.
- [ ] Place 1/4 cup granulated sugar in a small bowl.
- [ ] Roll balls in sugar, and place 2 inches apart on an ungreased baking sheet. Flatten cookies in a crisscross pattern with a fork.
- [ ] Bake at 375 for 10 minutes or until edges just begin to brown. Cool on pan 2 minutes.
- [ ] Remove from pan; cool completely on wire racks.

Nutrition Facts

PROTEIN 6.54% **FAT 42.73%** **CARBS 50.73%**

Properties

Glycemic Index:8.37, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:1.9226086722768%

Nutrients (% of daily need)

Calories: 103.85kcal (5.19%), Fat: 5.07g (7.8%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 13.2g (4.8%), Sugar: 9.03g (10.03%), Cholesterol: 13.22mg (4.41%), Sodium: 67.05mg (2.92%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.75g (3.5%), Manganese: 0.1mg (5.1%), Vitamin B3: 0.89mg (4.43%), Selenium: 2.56µg (3.66%), Folate: 14.15µg (3.54%), Vitamin E: 0.49mg (3.25%), Vitamin B1: 0.05mg (3.18%), Phosphorus: 25.9mg (2.59%), Vitamin B2: 0.04mg (2.57%), Magnesium: 9.03mg (2.26%), Iron: 0.38mg (2.12%), Vitamin A: 90.63IU (1.81%), Copper: 0.03mg (1.47%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.29%), Calcium: 11.64mg (1.16%), Zinc: 0.17mg (1.15%), Potassium: 38mg (1.09%), Vitamin B5: 0.1mg (1.02%)