



## Peanut Butter Cookies



Vegetarian



Popular

READY IN



220 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter room temperature (1 stick, 4 ounces, 112 g)
- ☐ 100 g granulated sugar white
- ☐ 110 g brown sugar packed
- ☐ 130 g peanut butter
- ☐ 1 eggs
- ☐ 160 g all purpose flour
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder

☐ 0.3 teaspoon salt

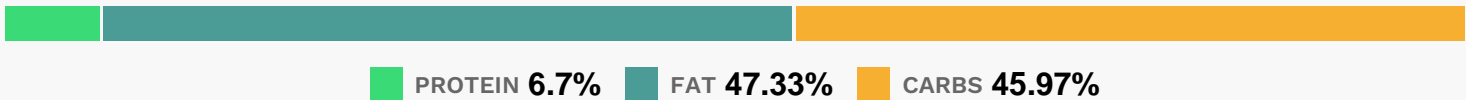
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Beat the butter, add sugars, mix in peanut butter and egg: Beat the butter until creamy, 2 minutes.
- ☐ Add the brown sugar and white sugar, beat for 2 more minutes.
- ☐ Mix in the peanut butter and the egg.
- ☐ Whisk dry ingredients, stir into sugar butter mixture: Vigorously whisk together the dry ingredients—the flour, baking soda, baking powder and salt—in a separate bowl. Stir the dry ingredients into the sugar butter mixture.
- ☐ Chill the dough: Wrap dough in plastic and refrigerate at least 3 hours.
- ☐ Preheat oven to 375°F (190°C).
- ☐ into balls, flatten with a fork: Shape the dough into 1 1/4 inch balls.
- ☐ Place the balls of dough about 3 inches apart on un-greased cookie sheet. Flatten in crisscross pattern with a fork. (It helps to dip the fork in sugar to keep it from sticking to the dough.)
- ☐ Bake:
- ☐ Bake at 375°F (190°C) until light brown, about 9 to 10 minutes.
- ☐ Remove the cookies from the oven and let cool in their baking sheets for a minute. After a minute, transfer the cookies to a rack to cool completely.
- ☐ For chewier cookies, bake at 300°F (150°C) for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.55, Glycemic Load:6.74, Inflammation Score:-2, Nutrition Score:2.4113043553155%

## Nutrients (% of daily need)

Calories: 126.64kcal (6.33%), Fat: 6.86g (10.55%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.54g (5.29%), Sugar: 9.2g (10.22%), Cholesterol: 16.99mg (5.66%), Sodium: 124.96mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Manganese: 0.13mg (6.43%), Vitamin B3: 1.12mg (5.61%), Selenium: 3.17µg (4.53%), Folate: 17.91µg (4.48%), Vitamin E: 0.63mg (4.18%), Vitamin B1: 0.06mg (4.05%), Phosphorus: 32.34mg (3.23%), Vitamin B2: 0.05mg (3.18%), Magnesium: 11.37mg (2.84%), Iron: 0.48mg (2.67%), Vitamin A: 128.08IU (2.56%), Copper: 0.04mg (1.81%), Fiber: 0.44g (1.76%), Vitamin B6: 0.03mg (1.61%), Calcium: 14.57mg (1.46%), Zinc: 0.21mg (1.43%), Potassium: 47.55mg (1.36%), Vitamin B5: 0.13mg (1.26%)