



## Peanut Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



78 kcal

### Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons butter softened
- ☐ 0.8 cup peanut butter
- ☐ 0.3 cup like-sugar calorie-free sweetener
- ☐ 0.3 teaspoon vanilla extract

### Equipment

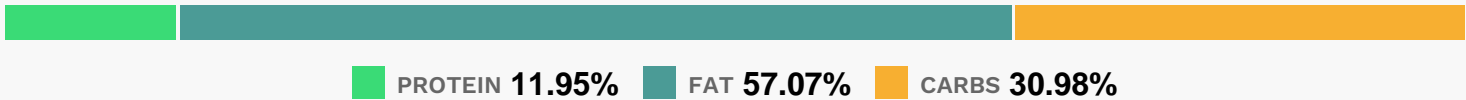
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Beat peanut butter and margarine with a mixer at medium speed until blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and sweetener in a medium bowl.
- ☐ Add flour mixture to peanut butter mixture, beating well.
- ☐ Add egg and vanilla; beat well.
- ☐ Shape dough into 24 (1-inch) balls.
- ☐ Place balls, 2 inches apart, on ungreased baking sheets; flatten cookies in a crisscross pattern with a fork.
- ☐ Bake at 350 for 12 minutes. Cool completely on baking sheets.
- ☐ carbo rating: 4

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:2.3769565163099%

## Nutrients (% of daily need)

Calories: 77.95kcal (3.9%), Fat: 5.3g (8.16%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 5.91g (2.15%), Sugar: 2.05g (2.27%), Cholesterol: 7.75mg (2.58%), Sodium: 48.63mg (2.11%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 2.5g (5%), Manganese: 0.15mg (7.28%), Vitamin B3: 1.3mg (6.52%), Vitamin E: 0.8mg (5.32%), Folate: 15.35µg (3.84%), Magnesium: 14.93mg (3.73%), Phosphorus: 36.23mg (3.62%), Selenium: 2.35µg (3.35%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.04mg (2.63%), Fiber: 0.57g (2.28%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (2.09%), Iron: 0.37mg (2.05%), Zinc: 0.26mg (1.74%), Potassium: 55.23mg (1.58%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 52.98IU (1.06%)