



Peanut Butter Cookies I

 Vegetarian

READY IN



30 min.

SERVINGS



36

CALORIES



127 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 cup creamy peanut butter
- 2 eggs
- 2.3 cups flour all-purpose
- 0.7 cup honey
- 0.5 cup sugar white

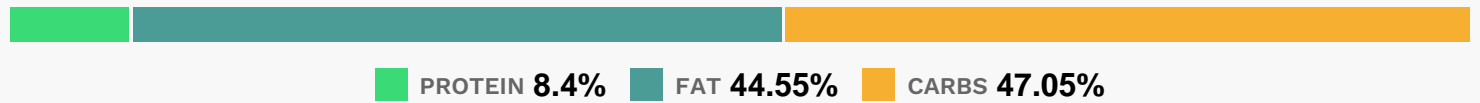
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, cream together the butter, sugar and honey. Stir in the egg and peanut butter.
- Combine the flour and baking powder, mix into the peanut butter mixture. Shape dough into 1 1/2 inch balls.
- Place 3 inches apart on cookie sheets. Dip a fork into flour and press deeply across top of each cookie in a criss cross pattern.
- Bake for 15 minutes in the preheated oven, until cookies are lightly browned. Cool on wire racks. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:9.82, Glycemic Load:9.14, Inflammation Score:-2, Nutrition Score:2.8856521874018%

Nutrients (% of daily need)

Calories: 127.13kcal (6.36%), Fat: 6.54g (10.06%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.97g (5.44%), Sugar: 8.71g (9.68%), Cholesterol: 15.87mg (5.29%), Sodium: 60.81mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Manganese: 0.16mg (8.21%), Vitamin B3: 1.43mg (7.13%), Folate: 21.83µg (5.46%), Selenium: 3.79µg (5.42%), Vitamin E: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.82%), Phosphorus: 39.8mg (3.98%), Vitamin B2: 0.07mg (3.97%), Magnesium: 14.33mg (3.58%), Iron: 0.56mg (3.13%), Copper: 0.05mg (2.28%), Fiber: 0.57g (2.27%), Vitamin B6: 0.04mg (2.05%), Zinc: 0.29mg (1.9%), Vitamin A: 91.99IU (1.84%), Potassium: 56.24mg (1.61%), Vitamin B5: 0.16mg (1.55%), Calcium: 10.48mg (1.05%)