



Peanut Butter Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



69 kcal

Ingredients

- 2 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose sifted
- 0.7 cup peanut butter
- 0.5 teaspoon salt
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

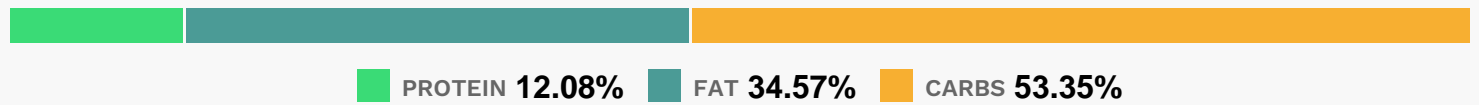
- baking sheet

oven

Directions

- Sift together flour, baking powder, and salt; set aside. Cream peanut butter and egg.
- Add the dry ingredients alternately with the canned milk. Stir until well blended.
- Stir in vanilla and nuts. Drop by tablespoonfuls onto well-greased baking sheet.
- Bake at 350 degrees F (180 degrees C) for 10-12 minutes or until lightly browned.
- Remove from baking sheet immediately.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:2.1456521953578%

Nutrients (% of daily need)

Calories: 68.53kcal (3.43%), Fat: 2.69g (4.14%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 9.02g (3.28%), Sugar: 4.9g (5.45%), Cholesterol: 6.22mg (2.07%), Sodium: 69.18mg (3.01%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 2.11g (4.23%), Selenium: 3.42µg (4.88%), Manganese: 0.09mg (4.45%), Phosphorus: 44.16mg (4.42%), Vitamin B2: 0.07mg (4.19%), Vitamin B3: 0.8mg (4.01%), Calcium: 36.35mg (3.64%), Vitamin B1: 0.05mg (3.58%), Folate: 13.95µg (3.49%), Magnesium: 9.52mg (2.38%), Vitamin E: 0.35mg (2.35%), Iron: 0.35mg (1.97%), Potassium: 57.89mg (1.65%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.14mg (1.37%), Fiber: 0.31g (1.25%), Copper: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.2%)