



Peanut Butter Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



77 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
- 0.5 cup walnuts chopped

Equipment

baking sheet

oven

Directions

Sift together flour, baking powder, and salt; set aside. Cream peanut butter and egg.

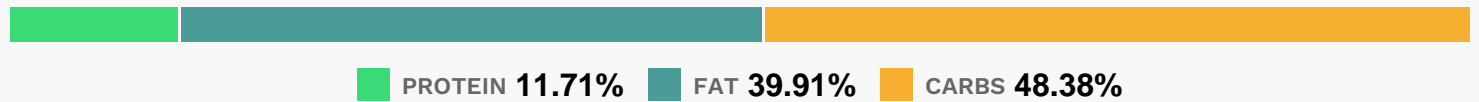
Add the dry ingredients alternately with the canned milk. Stir until well blended.

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:5.46, Glycemic Load:5.77, Inflammation Score:-1, Nutrition Score:2.4221739276596%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 76.5kcal (3.83%), Fat: 3.48g (5.36%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 9.11g (3.31%), Sugar: 4.93g (5.48%), Cholesterol: 6.22mg (2.07%), Sodium: 69.2mg (3.01%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 2.3g (4.6%), Manganese: 0.13mg (6.53%), Selenium: 3.48µg (4.97%), Phosphorus: 48.38mg (4.84%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.82mg (4.08%), Vitamin B1: 0.06mg (3.85%), Folate: 15.15µg (3.79%), Calcium: 37.55mg (3.75%), Magnesium: 11.44mg (2.86%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.2%), Iron: 0.39mg (2.16%), Potassium: 63.26mg (1.81%), Zinc: 0.25mg (1.7%), Fiber: 0.39g (1.58%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.44%)