



Peanut Butter Cookies V

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup peanut butter
- ☐ 2.3 cups self-rising flour

Equipment

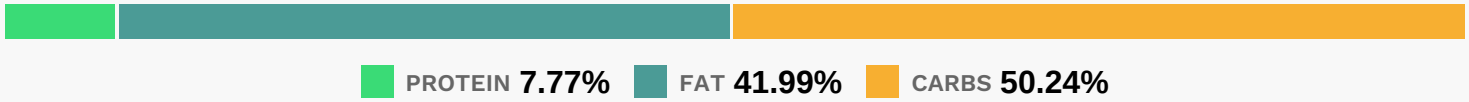
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Set the oven to 350 degrees F (175 degrees C).
- ☐ Cut up the butter in a bowl.
- ☐ Add the sugar, and cream them together until fluffy.
- ☐ Add the peanut butter, flour and egg; beat everything together with the wooden spoon until the dough is smooth.
- ☐ Put teaspoonfuls of dough on a cookie sheet.
- ☐ Bake them for 15 to 20 minutes.
- ☐ Put them on a wire rack to cool using a spatula.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:1.2060869443028%

Nutrients (% of daily need)

Calories: 72.88kcal (3.64%), Fat: 3.48g (5.35%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 9.08g (3.3%), Sugar: 4.75g (5.28%), Cholesterol: 8.49mg (2.83%), Sodium: 29.44mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Manganese: 0.09mg (4.45%), Selenium: 2.8µg (3.99%), Vitamin E: 0.33mg (2.22%), Vitamin B3: 0.42mg (2.11%), Phosphorus: 17.36mg (1.74%), Magnesium: 6.58mg (1.64%), Vitamin A: 64.16IU (1.28%), Copper: 0.02mg (1.24%), Folate: 4.79µg (1.2%), Fiber: 0.27g (1.08%)