



Peanut Butter Cookies with Truvia® Baking Blend

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

241 kcal

Ingredients

- ☐ 0.8 cup baking blend truvia®
- ☐ 0.8 teaspoon baking soda
- ☐ 3 tablespoons butter plus unsalted
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 cup peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 2 teaspoons butter unsalted

☐ 0.5 teaspoon vanilla extract

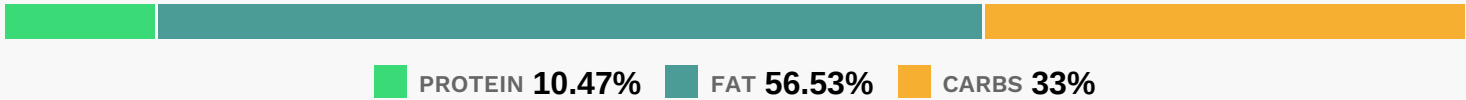
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine Truvia® Baking Blend, peanut butter, shortening, butter, egg, and vanilla in a large bowl and mix on low speed until combined.
- ☐ In a second smaller bowl, whisk together flour, baking soda, and salt.
- ☐ Add slowly to the larger bowl and mix until combined.
- ☐ Shape dough into 1 1/4 inch balls, flattening slightly on the top and bottom.
- ☐ Place cookies 3 inches apart on a parchment-lined or ungreased cookie sheet.
- ☐ Using a fork, press a crisscross pattern in each cookie.
- ☐ Bake 12-14 minutes or until lightly browned.
- ☐ Allow to rest 5 minutes on pan, then place cookies on a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:9.62, Inflammation Score:-3, Nutrition Score:6.9213043485323%

Nutrients (% of daily need)

Calories: 241.1kcal (12.05%), Fat: 15.53g (23.89%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.99g (6.91%), Sugar: 2.58g (2.87%), Cholesterol: 18.49mg (6.16%), Sodium: 287.58mg (12.5%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Protein: 6.47g (12.94%), Manganese: 0.39mg (19.38%), Vitamin B3: 3.55mg (17.74%), Folate: 54.27µg (13.57%), Vitamin B1: 0.19mg (12.73%), Vitamin E: 1.85mg (12.35%), Phosphorus: 118.06mg (11.81%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.16mg (9.18%), Magnesium: 34.67mg (8.67%), Iron: 1.29mg (7.18%), Fiber: 1.4g (5.61%), Copper: 0.11mg (5.42%), Vitamin B6: 0.09mg (4.67%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.37mg (3.75%), Potassium: 129.71mg (3.71%), Calcium: 24.23mg (2.42%), Vitamin A: 102.71IU (2.05%), Vitamin K: 2.11µg (2%)