



## Peanut Butter Fingers

READY IN



45 min.

SERVINGS



48

CALORIES



120 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup firmly brown sugar packed
- 0.5 cup butter softened
- 1 cup extra-crunchy peanut butter
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.3 cup honey
- 0.5 teaspoon salt
- 1.5 cups semisweet chocolate morsels melted

- 0.5 teaspoon vanilla extract
- 0.5 cup wheat germ

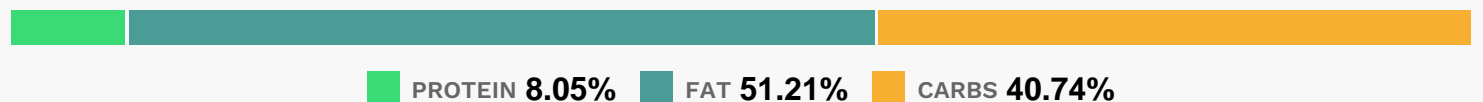
## Equipment

- baking sheet
- oven
- hand mixer

## Directions

- Beat first 6 ingredients at medium speed of an electric mixer until creamy.
- Combine flour and remaining 3 ingredients. Gradually add to butter mixture, beating well.
- Shape dough into 1" balls.
- Roll balls into 2 1/2" logs.
- Place 2" apart on ungreased cookie sheets.
- Bake at 325 for 12 minutes or until lightly browned. Cool 1 minute on cookie sheets; remove to wire racks, and cool completely. Dip 1 end of each cookie into melted chocolate. Return cookies to wire racks, and let stand until chocolate is firm.
- Note: A teaspoon measure gives you enough dough to shape into a 1" ball or a 2 1/2" x 3/4" log.

## Nutrition Facts



## Properties

Glycemic Index:3.69, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:3.5126086665398%

## Nutrients (% of daily need)

Calories: 119.75kcal (5.99%), Fat: 7.01g (10.79%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.4g (4.15%), Sugar: 7.32g (8.14%), Cholesterol: 9.3mg (3.1%), Sodium: 80.25mg (3.49%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.48g (4.96%), Manganese: 0.36mg (18.07%), Copper: 0.12mg (5.97%), Magnesium: 22.75mg (5.69%), Vitamin B3: 1.1mg (5.52%), Selenium: 3.59µg (5.12%), Phosphorus: 48.92mg (4.89%), Fiber: 1.15g (4.59%), Iron: 0.76mg (4.25%), Vitamin B1: 0.06mg (4.08%), Folate: 16.09µg (4.02%), Zinc: 0.49mg (3.29%), Vitamin E: 0.44mg (2.93%), Potassium: 94.36mg (2.7%), Vitamin B2:

0.04mg (2.37%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.15mg (1.45%), Vitamin A: 67.53IU (1.35%), Calcium:  
11.09mg (1.11%)