



Peanut Butter Graham Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



71 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup firmly brown sugar packed
- 0.3 lb butter at room temperature
- 1 large eggs
- 1 cup graham cracker crumbs crushed finely
- 0.3 cup honey
- 1 cup chunky peanut butter
- 0.5 teaspoon salt

- 1 teaspoon vanilla
- 1.5 cups flour whole-wheat

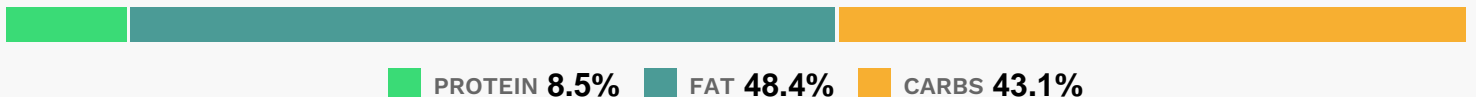
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

Directions

- In a bowl, with an electric mixer on high speed, beat butter and brown sugar until smooth. Beat in egg, honey, 1/4 cup water, peanut butter, and vanilla until well blended, scraping sides of bowl as needed.
- In another bowl, mix flour, graham cracker crumbs, baking soda, and salt. Stir into butter mixture until well blended.
- Shape dough into 1-inch balls and place 2 inches apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets. Press each cookie with a floured fork to make a crosshatch pattern.
- Bake cookies in a 350 oven until edges are golden, about 12 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.8973912905254%

Nutrients (% of daily need)

Calories: 71.49kcal (3.57%), Fat: 4.02g (6.19%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.48g (2.72%), Sugar: 4.63g (5.14%), Cholesterol: 7.16mg (2.39%), Sodium: 70.4mg (3.06%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 1.59g (3.18%), Manganese: 0.19mg (9.42%), Vitamin B3: 0.78mg (3.9%), Selenium: 2.35µg (3.36%), Magnesium: 12.63mg (3.16%), Vitamin E: 0.47mg (3.1%), Phosphorus: 30.39mg (3.04%), Fiber: 0.58g (2.31%), Vitamin B6: 0.04mg (1.78%), Copper: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.64%), Iron: 0.28mg (1.56%), Zinc: 0.23mg (1.54%), Folate: 6.17µg (1.54%), Vitamin B2: 0.02mg (1.27%), Potassium: 43.72mg (1.25%), Vitamin A: 52IU (1.04%)