



Peanut Butter Jammies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



63 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup creamy peanut butter
- ☐ 1 eggs lightly beaten
- ☐ 1.5 ounces flour all-purpose
- ☐ 6 tablespoons strawberry jam
- ☐ 0.8 cup sugar

Equipment

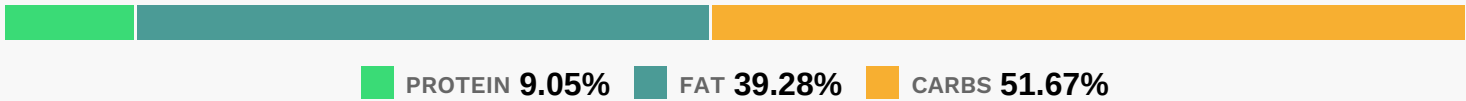
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place peanut butter, sugar, and egg in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐ Add flour; stir well. Shape dough into 36 (1-inch) balls; place 1-inch apart on baking sheets coated with cooking spray. Press thumb into center of each cookie, leaving an indentation. Cover and chill 3 hours.
- ☐ Preheat oven to 37
- ☐ Bake cookies at 375 for 12 minutes or until golden.
- ☐ Remove from pans; cool on wire racks. Spoon 1/2 teaspoon jam into the center of each cookie.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:1.3869565189209%

Nutrients (% of daily need)

Calories: 63.44kcal (3.17%), Fat: 2.89g (4.45%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 8.23g (2.99%), Sugar: 6.35g (7.05%), Cholesterol: 4.55mg (1.52%), Sodium: 25.93mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Manganese: 0.09mg (4.43%), Vitamin B3: 0.79mg (3.93%), Vitamin E: 0.51mg (3.38%), Magnesium: 9.62mg (2.41%), Phosphorus: 22.55mg (2.26%), Folate: 7.73µg (1.93%), Selenium: 1.09µg (1.55%), Vitamin B2: 0.03mg (1.47%), Copper: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.36%), Fiber: 0.33g (1.31%), Vitamin B1: 0.02mg (1.18%), Zinc: 0.16mg (1.09%), Iron: 0.19mg (1.04%), Potassium: 35.92mg (1.03%)