



Peanut Butter Kisses I

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



37 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.1 teaspoon cream of tartar
- 0.5 cup creamy peanut butter
- 2 egg whites
- 0.7 cup sugar white

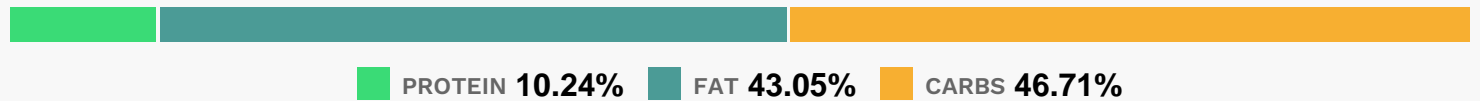
Equipment

- baking sheet
- oven

Directions

- Beat egg whites and cream of tartar until soft peaks form. Gradually add sugar, beating constantly until stiff. Fold in peanut butter until just mixed.
- Drop by teaspoon onto greased cookie sheet.
- Bake at 300 degrees F (150 degrees C) about 25 minutes until lightly browned.
- Remove from cookie sheet at once and cook completely on racks.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:2.67, Inflammation Score:-1, Nutrition Score:0.75304349252711%

Nutrients (% of daily need)

Calories: 36.55kcal (1.83%), Fat: 1.85g (2.84%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.33g (1.58%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 18.18mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Manganese: 0.05mg (2.64%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.33mg (2.18%), Magnesium: 6.24mg (1.56%), Phosphorus: 12.4mg (1.24%)