



Peanut Butter, Oatmeal & Chocolate Chunk Cookies

READY IN



27 min.

SERVINGS



27

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 tsp calumet baking powder
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 0.5 cup granulated sugar

- ☐ 1 cup quick-cooking oats
- ☐ 0.3 tsp salt
- ☐ 4 oz baker's semi-sweet chocolate coarsely chopped (6 oz.)
- ☐ 1.5 tsp vanilla

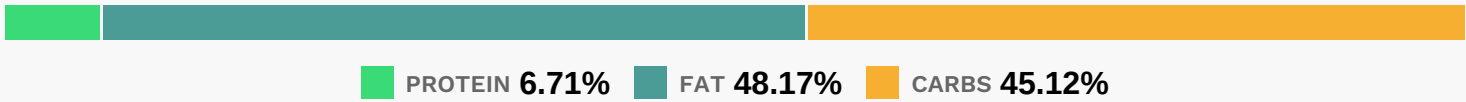
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375F.
- ☐ Mix first 5 ingredients until blended. Beat butter, sugars and peanut butter in large bowl with mixer until light and fluffy.
- ☐ Add egg and vanilla; mix well. Gradually add flour mixture, mixing well after each addition. Stir in chocolate.
- ☐ Drop heaping tablespoonfuls of dough, 2 inches apart, onto baking sheets.
- ☐ Bake 10 to 12 min. or until lightly browned. Cool 1 min. on baking sheet; remove to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:6.43, Inflammation Score:-2, Nutrition Score:3.345652192831%

Nutrients (% of daily need)

Calories: 143.77kcal (7.19%), Fat: 7.88g (12.12%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.63g (5.68%), Sugar: 9.78g (10.87%), Cholesterol: 15.35mg (5.12%), Sodium: 106.3mg (4.62%), Alcohol: 0.08g (100%), Alcohol %: 0.33% (100%), Caffeine: 3.61mg (1.2%), Protein: 2.47g (4.94%), Manganese:

0.29mg (14.51%), Magnesium: 25.29mg (6.32%), Selenium: 3.75µg (5.36%), Phosphorus: 52.31mg (5.23%), Vitamin B3: 0.98mg (4.89%), Copper: 0.09mg (4.69%), Iron: 0.77mg (4.29%), Vitamin B1: 0.06mg (4.09%), Vitamin E: 0.6mg (3.99%), Fiber: 0.97g (3.89%), Folate: 14.47µg (3.62%), Vitamin B2: 0.05mg (2.79%), Zinc: 0.39mg (2.59%), Vitamin A: 115.95IU (2.32%), Potassium: 75.58mg (2.16%), Calcium: 17.87mg (1.79%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.4%)