



Peanut Butter Sandwich Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



146 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 1 cup butter shortening flavored
- 3 cups confectioners' sugar
- 0.5 cup creamy peanut butter
- 3 eggs
- 3 cups flour all-purpose
- 5 tablespoons milk

- 1 cup peanut butter
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

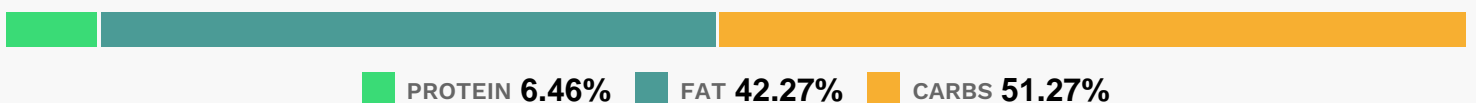
Equipment

- bowl
- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large mixing bowl, cream the shortening, 1 cup creamy peanut butter and white and brown sugars.
- Add vanilla and then eggs, one at a time. Beat well after each addition. In a small bowl, combine flour, baking soda and salt.
- Add slowly to creamy mixture.
- Shape into 1 inch balls and place on an ungreased cookie sheet, 2 inches apart. Flatten balls with a fork.
- Bake for 7-8 minutes depending on size (I tend to keep a close eye on them and remove them as soon as they start to get golden. This helps to make them chewy.) Cool on wire racks.
- Combine 1/2 cup creamy peanut butter, confectioners' sugar, vanilla extract, and milk in a small bowl adding enough milk to make for a creamy, frosting like texture.
- Spread frosting on one cookie and top off to make "sandwich".

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:2.5613043658111%

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 7.03g (10.82%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.72g (6.81%), Sugar: 13.52g (15.02%), Cholesterol: 8.33mg (2.78%), Sodium: 78.89mg (3.43%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 2.42g (4.84%), Manganese: 0.14mg (7.04%), Vitamin B3: 1.23mg (6.17%), Vitamin E: 0.82mg (5.5%), Selenium: 3.18µg (4.55%), Folate: 18.06µg (4.51%), Vitamin B1: 0.06mg (4.02%), Phosphorus: 34.38mg (3.44%), Vitamin B2: 0.06mg (3.34%), Magnesium: 13.03mg (3.26%), Iron: 0.47mg (2.63%), Copper: 0.04mg (2.01%), Fiber: 0.48g (1.91%), Vitamin B6: 0.04mg (1.87%), Vitamin K: 1.87µg (1.78%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.16mg (1.62%), Potassium: 53.14mg (1.52%), Calcium: 10.05mg (1.01%)