



Peanut Butter Sandwich Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



184 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar light packed
- 1 cup creamy peanut butter
- 1 large eggs
- 1 cup flour all-purpose
- 0.5 cup granulated sugar divided
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted softened

1 teaspoon vanilla extract

Equipment

bowl

frying pan

baking sheet

oven

wire rack

hand mixer

Directions

Preheat oven to 37

Lightly grease 2 cookie sheets.

Beat together first 3 ingredients and 1/2 cup granulated sugar with an electric mixer on medium speed until creamy. Stir in egg and vanilla.

Combine flour, baking soda, and salt in a separate bowl. Slowly stir flour mixture into peanut butter mixture until fully incorporated.

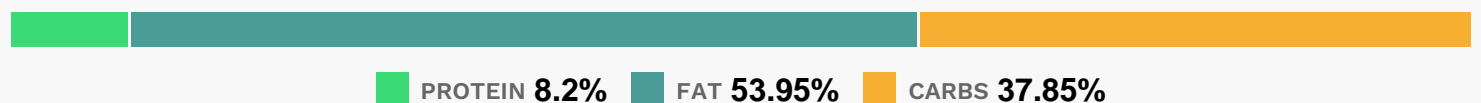
Scoop dough onto prepared cookie sheets, 1 rounded tablespoonful at a time, about 2 inches apart. (Dough should yield about 24 cookies.) Press cookies flat with the back of a fork dipped into remaining 1 tablespoon sugar.

Sprinkle cookies with any remaining sugar, if desired, and bake 12 minutes or until golden brown around edges.

Remove from oven, and cool 5 minutes on pan; transfer to a wire rack to cool completely.

Spread about 1 tablespoon Creamy Peanut Butter Filling onto flat side of 12 cookies, and top each with another cookie, flat side down, to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:7.26, Inflammation Score:-2, Nutrition Score:3.9086956278138%

Nutrients (% of daily need)

Calories: 184.22kcal (9.21%), Fat: 11.45g (17.61%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 17.28g (6.28%), Sugar: 11.73g (13.04%), Cholesterol: 21.34mg (7.11%), Sodium: 145.03mg (6.31%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 3.92g (7.83%), Manganese: 0.24mg (11.85%), Vitamin B3: 2.1mg (10.48%), Vitamin E: 1.34mg (8.9%), Magnesium: 24.11mg (6.03%), Folate: 23.93µg (5.98%), Phosphorus: 57.01mg (5.7%), Selenium: 3.57µg (5.1%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.07mg (4.12%), Copper: 0.07mg (3.45%), Vitamin B6: 0.07mg (3.34%), Iron: 0.6mg (3.33%), Fiber: 0.79g (3.15%), Vitamin A: 153.44IU (3.07%), Zinc: 0.41mg (2.74%), Potassium: 91.95mg (2.63%), Vitamin B5: 0.22mg (2.16%), Calcium: 14.66mg (1.47%)