



Peanut Butter with Rye and Caraway Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons caraway seeds
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup peanut butter
- ☐ 1.3 cups weight rye flour

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces butter unsalted softened
- ☐ 1 teaspoon vanilla extract

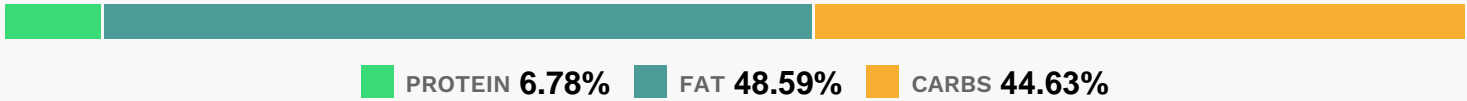
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ kitchen scale

Directions

- ☐ Preheat oven to 375 degrees F.In a mixing bowl, using an electric mixer, beat the butter, peanut butter, brown sugar and sugar until creamy. Beat in the vanilla.
- ☐ Add the egg and beat just until it is mixed in, then beat in the salt, baking powder and soda. By hand, stir in the rye flour and the seeds. Dough should be very easy to handle – neither too dry and definitely not sticky. Hopefully you’ve weighed it with a scale.
- ☐ Roll the dough into about 24 balls using an even tablespoon. Arrange the balls 2 ½ inches apart on ungreased cooking sheets and with a fork, press to make the criss-cross pattern.
- ☐ Bake cookies for 8 to 10 minutes or just until edges are browned.
- ☐ Remove to a rack to cool.
- ☐ Let cool completely before serving (they’re better cooled, in my opinion).Makes about 24

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:3.06, Inflammation Score:-1, Nutrition Score:2.4800000129187%

Nutrients (% of daily need)

Calories: 123.26kcal (6.16%), Fat: 6.9g (10.62%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.27g (4.83%), Sugar: 9.26g (10.29%), Cholesterol: 17.91mg (5.97%), Sodium: 95.28mg (4.14%),

Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 2.17g (4.33%), Manganese: 0.22mg (11.1%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.83mg (4.14%), Fiber: 0.99g (3.96%), Phosphorus: 39.2mg (3.92%), Magnesium: 13.88mg (3.47%), Selenium: 1.82µg (2.61%), Vitamin A: 129.93IU (2.6%), Copper: 0.05mg (2.38%), Vitamin B6: 0.05mg (2.26%), Zinc: 0.3mg (2.01%), Folate: 7.73µg (1.93%), Iron: 0.35mg (1.92%), Potassium: 64.22mg (1.83%), Vitamin B2: 0.03mg (1.73%), Vitamin B1: 0.03mg (1.69%), Calcium: 16.22mg (1.62%), Vitamin B5: 0.13mg (1.28%)