



Rich Peanut Butter Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

- ☐ 1 cup peanut butter chips
- ☐ 1 serving granulated sugar

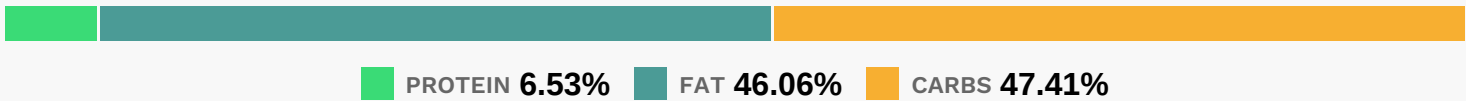
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In large bowl, beat brown sugar, peanut butter, butter and egg with electric mixer on medium speed until creamy, or mix with spoon. Stir in flour, baking soda, baking powder and salt. Stir in peanut butter chips.
- ☐ Shape dough into 1 1/2-inch balls. Dip tops of balls into granulated sugar.
- ☐ Place balls, sugared sides up, about 3 inches apart on ungreased cookie sheet (do not flatten).
- ☐ Bake cookies 9 to 10 minutes or until light brown. Cool 5 minutes; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:4.1, Inflammation Score:-2, Nutrition Score:2.4739130373396%

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 6.79g (10.45%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 15.3g (5.56%), Sugar: 9.98g (11.09%), Cholesterol: 6.82mg (2.27%), Sodium: 140.22mg (6.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Manganese: 0.13mg (6.48%), Vitamin B3: 1.11mg (5.56%), Selenium: 3.1µg (4.43%), Vitamin E: 0.66mg (4.4%), Folate: 17.54µg (4.38%), Vitamin B1: 0.06mg (3.98%), Vitamin A: 179.06IU (3.58%), Phosphorus: 32.16mg (3.22%), Vitamin B2: 0.05mg (3.1%), Magnesium: 11.73mg

(2.93%), Iron: 0.5mg (2.79%), Copper: 0.04mg (1.88%), Calcium: 18.58mg (1.86%), Fiber: 0.43g (1.74%), Vitamin B6: 0.03mg (1.7%), Potassium: 54.02mg (1.54%), Zinc: 0.21mg (1.39%), Vitamin B5: 0.13mg (1.3%)