



WHATSheATE



## Sadie's Peanut Butter Cookies

READY IN



25 min.

SERVINGS



24

CALORIES



264 kcal

DESSERT

### Ingredients

- ☐ 135 grams all purpose flour
- ☐ 5 ml baking soda
- ☐ 200 grams brown sugar
- ☐ 114 grams cake flour
- ☐ 2 large eggs
- ☐ 190 grams granulated sugar
- ☐ 280 grams peanut butter
- ☐ 0.5 cup lightly peanuts salted chopped (big handful)
- ☐ 2 ml salt

- ☐ 100 grams non-hydrogenated shortening
- ☐ 114 grams butter unsalted
- ☐ 5 ml vanilla extract

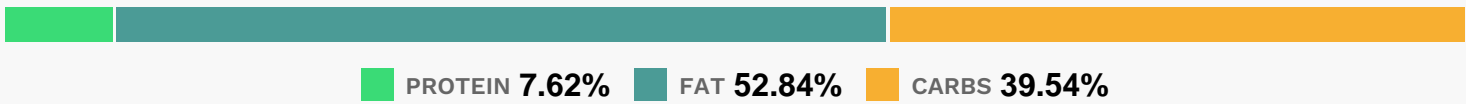
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

## Directions

- ☐ Cream butter, shortening (or lard), peanut butter, and both sugars together in a mixing bowl.
- ☐ Add eggs and vanilla and beat until combined. Beat in the vanilla, followed by the soda and salt – make sure there are no lumps of stray soda. Stir in the cake flour, then stir in the all purpose flour, followed by the chopped nuts. Chill the dough for about an hour. Preheat oven to 350 degrees F. Line a couple of cookie sheets with parchment if you want. Shape dough into large balls (golf ball size) – a little smaller) and place cookie sheets. The cookies spread a bit, so leave room between the balls.
- ☐ Bake for 13 – 15 minutes or until lightly browned around the edges. The centers may seem a bit underdone at this point, but they will firm up.
- ☐ Let cookies cool on the pan 5 minutes before transferring to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:11.15, Inflammation Score:-2, Nutrition Score:4.9430434392846%

## Nutrients (% of daily need)

Calories: 264.41kcal (13.22%), Fat: 16.03g (24.66%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 25.89g (9.41%), Sugar: 17.28g (19.2%), Cholesterol: 25.71mg (8.57%), Sodium: 141.24mg (6.14%),

Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 5.2g (10.41%), Manganese: 0.33mg (16.31%), Vitamin B3: 2.4mg (12%), Vitamin E: 1.49mg (9.96%), Selenium: 5.97µg (8.53%), Phosphorus: 71.74mg (7.17%), Magnesium: 28.62mg (7.15%), Folate: 27.91µg (6.98%), Vitamin B1: 0.08mg (5.1%), Copper: 0.09mg (4.71%), Vitamin B2: 0.08mg (4.58%), Fiber: 1.1g (4.39%), Iron: 0.72mg (3.97%), Vitamin B6: 0.07mg (3.73%), Potassium: 118.58mg (3.39%), Zinc: 0.5mg (3.32%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 141.3IU (2.83%), Vitamin K: 2.63µg (2.5%), Calcium: 20.87mg (2.09%), Vitamin D: 0.15µg (1.03%)