



Soft Peanut Butter Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

DESSERT

Ingredients



1 cup creamy peanut butter



1 eggs slightly beaten



1 cup sugar



1 teaspoon vanilla extract

Equipment



baking sheet

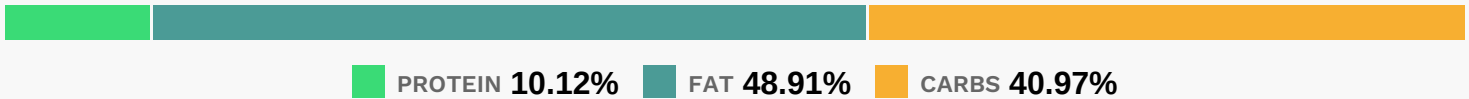


oven

Directions

- ☐ Combine all ingredients; mix well.
- ☐ Roll dough into one-inch balls and place on an ungreased baking sheet. Use a fork to press a crisscross pattern into the top of each cookie.
- ☐ Bake at 325 degrees for 10 minutes or until golden.
- ☐ Let cool before removing from sheet.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:6.08, Inflammation Score:-1, Nutrition Score:2.2634782431566%

Nutrients (% of daily need)

Calories: 99.36kcal (4.97%), Fat: 5.69g (8.76%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 10.22g (3.71%), Sugar: 9.47g (10.53%), Cholesterol: 6.82mg (2.27%), Sodium: 48.82mg (2.12%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 2.65g (5.3%), Manganese: 0.16mg (7.94%), Vitamin B3: 1.43mg (7.16%), Vitamin E: 1mg (6.66%), Magnesium: 18.41mg (4.6%), Phosphorus: 40.08mg (4.01%), Vitamin B6: 0.05mg (2.54%), Folate: 10.11µg (2.53%), Copper: 0.05mg (2.36%), Fiber: 0.52g (2.06%), Zinc: 0.3mg (1.98%), Potassium: 63.57mg (1.82%), Vitamin B2: 0.03mg (1.8%), Selenium: 1.05µg (1.51%), Vitamin B5: 0.14mg (1.42%), Iron: 0.22mg (1.24%), Vitamin B1: 0.02mg (1.04%)