



Sugar-Free Peanut Butter Cookies



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



18 min.

SERVINGS



24

CALORIES



190 kcal

DESSERT

Ingredients



2 large eggs



2 cups granular no-calorie sucralose sweetener



2 cups smooth natural peanut butter

Equipment



bowl



baking sheet

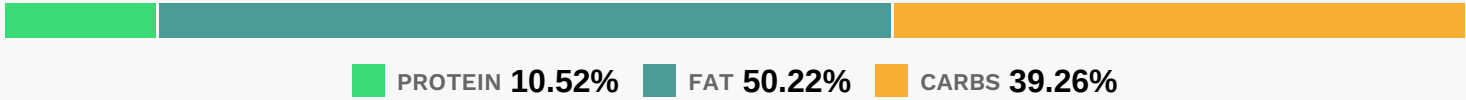


oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- ☐ Thoroughly mix together the peanut butter, sucralose, and eggs in a bowl. Drop mixture by spoonfuls onto the prepared baking sheet.
- ☐ Bake in the preheated oven until center appears dry, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:4.5469565368865%

Nutrients (% of daily need)

Calories: 190.31kcal (9.52%), Fat: 11.38g (17.51%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.99g (6.91%), Sugar: 15.66g (17.4%), Cholesterol: 15.5mg (5.17%), Sodium: 98.15mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Manganese: 0.32mg (15.82%), Vitamin B3: 2.86mg (14.31%), Vitamin E: 2mg (13.35%), Magnesium: 36.83mg (9.21%), Phosphorus: 81.14mg (8.11%), Vitamin B6: 0.1mg (5.13%), Folate: 20.45µg (5.11%), Copper: 0.09mg (4.66%), Fiber: 1.03g (4.13%), Zinc: 0.6mg (4%), Potassium: 127.68mg (3.65%), Vitamin B2: 0.06mg (3.54%), Selenium: 2.16µg (3.09%), Vitamin B5: 0.29mg (2.92%), Iron: 0.44mg (2.47%), Vitamin B1: 0.03mg (2.09%), Calcium: 12.87mg (1.29%)