



Super Dooper Peanut Butter

READY IN



45 min.

SERVINGS



36

CALORIES



152 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons peanut butter
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 3 tablespoons vanilla extract

☐ 1 cup sugar white

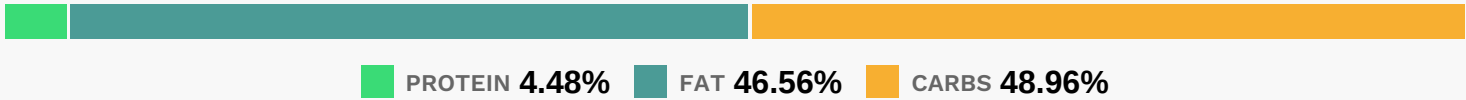
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix together the peanut butter, butter, vanilla, and eggs (optional). In another bowl, mix together the sugar, brown sugar, flour, cocoa, and baking soda.
- ☐ Pour the dry ingredients into large bowl and mix together. Fold the chocolate chips into the batter.
- ☐ Drop by teaspoon onto baking sheets.
- ☐ Bake for 10 minutes. Enjoy!!!

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:2.681739134633%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.53kcal (7.58%), Fat: 7.88g (12.13%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17.8g (6.47%), Sugar: 12.1g (13.44%), Cholesterol: 22.95mg (7.65%), Sodium: 141.23mg (6.14%), Alcohol: 0.37g (100%), Alcohol %: 1.4% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.71g (3.42%), Manganese: 0.16mg (7.79%), Selenium: 3.8µg (5.43%), Copper: 0.1mg (5.19%), Iron: 0.82mg (4.54%), Vitamin B1: 0.06mg (3.95%), Magnesium: 15.77mg (3.94%), Folate: 15.05µg (3.76%), Vitamin A: 173.28IU (3.47%), Phosphorus: 34.5mg (3.45%), Fiber: 0.85g (3.4%), Vitamin B2: 0.06mg (3.25%), Vitamin B3: 0.6mg (2.99%), Vitamin E: 0.29mg (1.91%), Zinc:

0.28mg (1.9%), Potassium: 62.57mg (1.79%), Calcium: 12.2mg (1.22%), Vitamin B5: 0.11mg (1.07%)