



Sweet and Salty Peanut Chocolate Chunk Cookies

READY IN



45 min.

SERVINGS



38

CALORIES



63 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 teaspoon sea salt
- 0.3 cup roasted peanuts unsalted coarsely chopped
- 1 large eggs
- 4.5 ounces flour all-purpose
- 0.5 cup granulated sugar

- 0.3 cup semi chocolate chips
- 0.3 cup butter unsalted softened
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Place nuts in a small baking pan.
- Bake at 350 for 8 minutes or until lightly toasted; cool.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, and baking soda, stirring well with a whisk.
- Place sugars and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- Add vanilla and egg; beat until combined.
- Add flour mixture to sugar mixture; beat at low speed until well blended. Stir in peanuts, chocolate chips, and salt.
- Drop dough by teaspoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350 for 10 minutes or until edges are lightly browned. Cool on pans 5 minutes.
- Remove cookies from pans; cool completely on wire racks.

Nutrition Facts

■ PROTEIN 6.16% ■ FAT 36.78% ■ CARBS 57.06%

Properties

Glycemic Index:6.24, Glycemic Load:3.7, Inflammation Score:-1, Nutrition Score:1.2217391120351%

Nutrients (% of daily need)

Calories: 62.83kcal (3.14%), Fat: 2.61g (4.02%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.78g (3.19%), Sugar: 6.04g (6.71%), Cholesterol: 8.2mg (2.73%), Sodium: 52.03mg (2.26%), Alcohol: 0.04g (100%), Alcohol %: 0.31% (100%), Protein: 0.98g (1.97%), Manganese: 0.08mg (3.83%), Selenium: 1.84µg (2.62%), Folate: 8.45µg (2.11%), Vitamin B1: 0.03mg (2.1%), Vitamin B3: 0.41mg (2.04%), Iron: 0.34mg (1.87%), Copper: 0.04mg (1.79%), Phosphorus: 16.93mg (1.69%), Magnesium: 6.14mg (1.54%), Vitamin B2: 0.03mg (1.5%), Fiber: 0.33g (1.32%)