



Three Ingredient Peanut Butter Cookies



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

DESSERT

Ingredients



1 eggs



1 cup peanut butter



1 cup sugar white

Equipment



baking sheet



baking paper

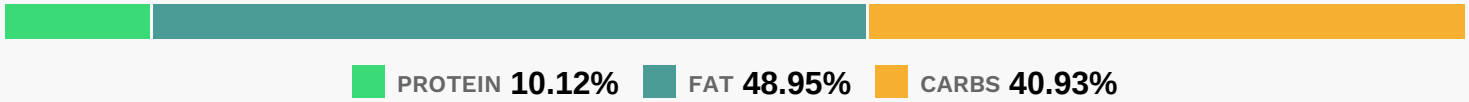


oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
- ☐ Combine the peanut butter, white sugar and egg.
- ☐ Mix until smooth.
- ☐ Drop spoonfuls of dough onto the prepared baking sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 6 to 8 minutes. Do not overbake! These cookies are best when they are still soft and just barely brown on the bottoms.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:12.16, Inflammation Score:-2, Nutrition Score:4.5213043809585%

Nutrients (% of daily need)

Calories: 197.76kcal (9.89%), Fat: 11.39g (17.52%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 20.39g (7.41%), Sugar: 18.9g (21%), Cholesterol: 13.64mg (4.55%), Sodium: 97.61mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Manganese: 0.32mg (15.84%), Vitamin B3: 2.86mg (14.31%), Vitamin E: 2mg (13.31%), Magnesium: 36.78mg (9.19%), Phosphorus: 80.14mg (8.01%), Vitamin B6: 0.1mg (5.08%), Folate: 20.21µg (5.05%), Copper: 0.09mg (4.71%), Fiber: 1.03g (4.13%), Zinc: 0.6mg (3.97%), Potassium: 126.65mg (3.62%), Vitamin B2: 0.06mg (3.59%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.28mg (2.84%), Iron: 0.44mg (2.47%), Vitamin B1: 0.03mg (2.08%), Calcium: 12.76mg (1.28%)