



Three Ingredient Peanut Butter Cookies

 Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 10 tablespoons all purpose flour
- ☐ 0.8 cups optional: chocolate chips
- ☐ 1 cup creamy peanut butter
- ☐ 2 large eggs

Equipment

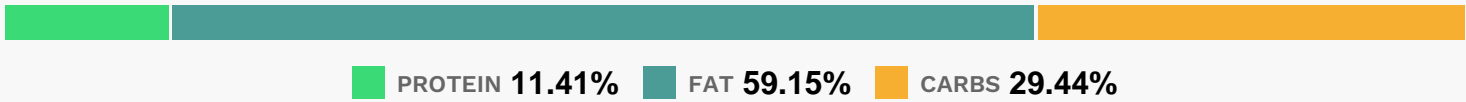
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees. Line baking sheet with parchment paper.
- ☐ Combine eggs, peanut butter and flour into a large bowl.
- ☐ Mix with a whisk until batter is smooth. If using, add in chocolate chips.
- ☐ Make dough balls about one inch in diameter.
- ☐ Place on cookie sheet and then flatten with palm of your hand until dough looks like finished cookie product as cookies will not change form when baking.
- ☐ Bake about 8 minutes until cookies are set.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:5.8608695777214%

Nutrients (% of daily need)

Calories: 219.27kcal (10.96%), Fat: 15.05g (23.16%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 15.66g (5.69%), Sugar: 8.73g (9.7%), Cholesterol: 31mg (10.33%), Sodium: 104.19mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.07%), Manganese: 0.36mg (18.01%), Vitamin B3: 3.23mg (16.17%), Vitamin E: 2.05mg (13.67%), Magnesium: 38.71mg (9.68%), Phosphorus: 96.14mg (9.61%), Folate: 33.84µg (8.46%), Selenium: 5.56µg (7.94%), Vitamin B2: 0.11mg (6.47%), Vitamin B6: 0.11mg (5.62%), Vitamin B1: 0.08mg (5.47%), Copper: 0.11mg (5.26%), Potassium: 171.59mg (4.9%), Fiber: 1.2g (4.8%), Zinc: 0.7mg (4.65%), Iron: 0.81mg (4.49%), Vitamin B5: 0.38mg (3.83%), Calcium: 24.17mg (2.42%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)