



Ultimate Peanut Butter Cookies

 Vegetarian

READY IN



51 min.

SERVINGS



35

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup crunchy peanut butter
- ☐ 1.3 cups brown sugar dark packed
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 16 tablespoons butter unsalted at room temperature (2 sticks)

☐ 1.5 teaspoons vanilla extract

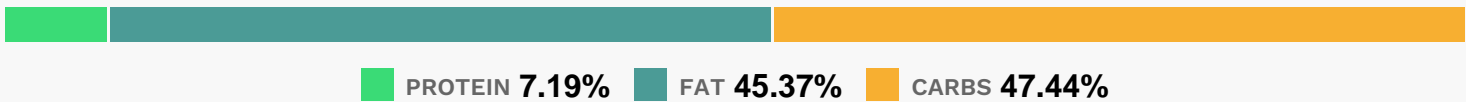
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Position racks in upper and lower thirds of oven and preheat to 350F. Butter 2 large baking sheets.
- ☐ Whisk together flour, baking soda and salt in a medium bowl.
- ☐ With an electric mixer on medium-high speed, beat butter with both sugars for about 3 minutes, until light and fluffy. Reduce speed to medium and add eggs and vanilla; beat until smooth and well combined. Beat in peanut butter. Scrape down sides of bowl. Reduce speed to low and beat in flour mixture in 2 batches, until just combined.
- ☐ Form dough into 1-inch balls and place on baking sheets. Flatten each ball by pressing with tines of a fork in a crisscross pattern.
- ☐ Bake, switching pans halfway through, 14 to 16 minutes, or until golden brown on bottom and barely colored on top. Cool on pans on wire racks for 5 minutes. With a spatula, carefully transfer cookies to a wire rack and allow to cool completely. Repeat with remaining cookie dough.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:8.91, Inflammation Score:-2, Nutrition Score:3.6243478318919%

Nutrients (% of daily need)

Calories: 179.24kcal (8.96%), Fat: 9.26g (14.25%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.91g (7.6%), Sugar: 12.58g (13.98%), Cholesterol: 24.39mg (8.13%), Sodium: 138.82mg (6.04%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 3.3g (6.61%), Manganese: 0.21mg (10.62%), Vitamin B3: 1.66mg (8.28%), Selenium: 5.3µg (7.57%), Folate: 28µg (7%), Vitamin B1: 0.09mg (6.23%), Vitamin B2: 0.08mg (4.55%), Vitamin E: 0.65mg (4.33%), Phosphorus: 42.6mg (4.26%), Iron: 0.75mg (4.15%), Magnesium: 15.35mg (3.84%), Fiber: 0.88g (3.52%), Vitamin A: 175.36IU (3.51%), Copper: 0.07mg (3.26%), Potassium: 82.66mg (2.36%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.19mg (1.91%), Calcium: 14.66mg (1.47%), Vitamin D: 0.15µg (1.02%)