



Uncle Mac's Peanut Butter and Jelly Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



12

CALORIES



200 kcal

DESSERT

Ingredients

- 1 eggs
- 2 tablespoons fruit preserves
- 1 cup peanut butter
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

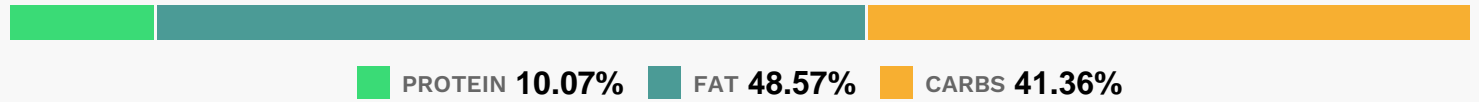
- bowl
- baking sheet

- oven
- wooden spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together peanut butter, sugar, egg, and vanilla until well blended. Drop by teaspoonfuls onto ungreased cookie sheets. Use a fork to make a criss-cross pattern on the top. Make a small hole in the top of each cookie using the handle of a wooden spoon. Fill the holes with preserves.
- Bake for 8 to 11 minutes in preheated oven. Allow to cool for a couple of minutes on the cookie sheets before transferring to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:12.16, Inflammation Score:-2, Nutrition Score:4.5678261003417%

Nutrients (% of daily need)

Calories: 200.13kcal (10.01%), Fat: 11.39g (17.52%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 20.75g (7.55%), Sugar: 19.22g (21.36%), Cholesterol: 13.64mg (4.55%), Sodium: 97.76mg (4.25%), Alcohol: 0.11g (100%), Alcohol %: 0.33% (100%), Protein: 5.31g (10.62%), Manganese: 0.32mg (15.92%), Vitamin B3: 2.87mg (14.37%), Vitamin E: 2mg (13.31%), Magnesium: 36.94mg (9.23%), Phosphorus: 80.46mg (8.05%), Vitamin B6: 0.1mg (5.11%), Folate: 20.26µg (5.07%), Copper: 0.1mg (4.81%), Fiber: 1.07g (4.29%), Zinc: 0.6mg (3.98%), Potassium: 129.34mg (3.7%), Vitamin B2: 0.06mg (3.64%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.29mg (2.85%), Iron: 0.45mg (2.51%), Vitamin B1: 0.03mg (2.1%), Calcium: 12.91mg (1.29%)