



WHATSheATE



White Whole Wheat Flour Peanut Butter Chocolate Chip Cookies

READY IN



22 min.

SERVINGS



42

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup natural creamy peanut butter (I used Skippy Natural)
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate morsels your favorite (or flavor)

- ☐ 0.5 cup butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 5.6 oz flour whole-wheat white

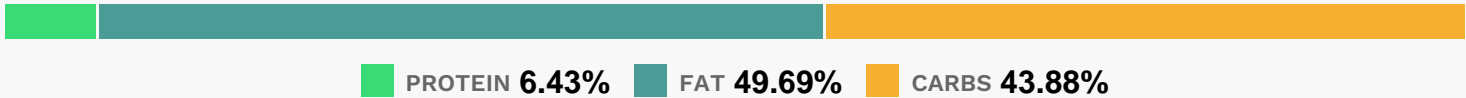
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine flour, baking soda and salt in a bowl; set aside. With a wooden spoon, beat the melted butter, brown sugar and granulated sugar until combined. Stir in peanut butter, egg and vanilla extract. Gradually stir in flour mixture. Stir in morsels and peanuts. Using a level tablespoon, roll the dough into balls; place on ungreased baking sheets spacing about 2 inches apart. Flatten slightly with a fork.
- ☐ Bake for 8 to 10 minutes or until edges are set but centers are still soft (they will look underdone). Cool on baking sheets for 4 minutes; remove to wire racks to cool completely.Makes about 42 cookies

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:1.7, Inflammation Score:-1, Nutrition Score:2.343478265016%

Nutrients (% of daily need)

Calories: 91.65kcal (4.58%), Fat: 5.21g (8.02%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.47g (3.44%), Sugar: 6.64g (7.38%), Cholesterol: 10.49mg (3.5%), Sodium: 54.31mg (2.36%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.58mg (1.19%), Protein: 1.52g (3.04%), Manganese: 0.25mg (12.72%), Selenium: 3.25µg (4.65%), Magnesium: 17.01mg (4.25%), Copper: 0.08mg (4.12%), Phosphorus: 36.01mg (3.6%), Fiber: 0.89g (3.56%), Vitamin B3: 0.56mg (2.81%), Iron: 0.49mg (2.71%), Zinc: 0.28mg (1.89%),

Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.03mg (1.72%), Potassium: 58.72mg (1.68%), Vitamin A: 76.38IU (1.53%),
Vitamin B6: 0.03mg (1.45%), Folate: 4.75µg (1.19%), Vitamin B2: 0.02mg (1.11%)