

High-Protein Cookie



Nutrition Content per 100 g

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| Calories | 450 kcal |
| Total Fat | 19 g |
| Saturated Fat | 5 g |
| Trans Fat | 0 g |
| Cholesterol | 40 mg |
| Total Carbohydrates | 47 g |
| Dietary Fiber | 2 g |
| Sugars | 38 g |
| Protein | 25 g |
| Calcium | 49 mg |
| Magnesium | 0 mg |
| Phosphorus | 150 mg |
| Potassium | 260 mg |
| Sodium | 290 mg |
| Iron | 1 mg |
| Vitamin A | 49 IU |
| Vitamin C | 0 mg |

| Ingredients | % Weight |
|---|----------|
| Whey protein concentrate, 80% protein (WPC 80) | 16.0 |
| Sugar, brown | 14.0 |
| Sugar, white | 14.0 |
| Peanut butter | 12.0 |
| Shortening | 7.0 |
| Water | 7.0 |
| Mini peanut butter morsels | 7.0 |
| Flour, cake | 5.0 |
| Egg, whole | 5.0 |
| High fructose corn syrup | 5.0 |
| Soy protein isolate | 3.0 |
| Egg white powder | 3.0 |
| Vanilla extract | 1.0 |
| Flavor, peanut butter | 0.5 |
| Salt | 0.3 |
| Baking powder | 0.2 |

Procedure

1. Cream shortening, corn syrup, egg and sugars at low speed.
2. Add dry powders, other ingredients, and water. Mix for an additional 60 seconds.
3. Fold in mini peanut butter morsels.
4. Portion dough onto a cookie sheet and bake at 177°C (350°F) for 10 minutes.