



Brownie Cupcakes with Peanut Butter Frosting

READY IN



45 min.

SERVINGS



10

CALORIES



556 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 10 servings mint
- ☐ 0.8 cup creamy peanut butter freshly ground (do not use old-fashioned or)
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces semi chocolate chips
- ☐ 0.3 cup sugar

- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 3 ounces chocolate unsweetened chopped
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 4 teaspoons whipping cream ()

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F. Line 10 standard (1/3-cup) muffin cups with paper liners.
- ☐ Combine butter, 1/2 cup chocolate chips, and unsweetened chocolate in top of double boiler set over simmering water. Stir until mixture is melted and smooth.
- ☐ Remove from over water.
- ☐ Whisk both sugars into chocolate mixture, then whisk in eggs 1 at a time.
- ☐ Whisk in vanilla, then flour, walnuts, salt, and remaining 3/4 cup chocolate chips. Divide batter among prepared muffin cups (about 1/4 cup for each).
- ☐ Bake cupcakes until tester inserted into center comes out with moist crumbs attached, about 20 minutes.
- ☐ Transfer cupcakes to rack and cool completely.
- ☐ Put powdered sugar and next 3 ingredients in medium bowl. Using electric mixer, beat until mixture is smooth, adding whipping cream by teaspoonfuls if frosting is too thick to spread.
- ☐ Spread frosting in swirls over top of cupcakes.
- ☐ Sprinkle with chocolate shavings or chocolate sprinkles. (Can be made 1 day ahead. Store in single layer in airtight container at room temperature.)

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:13.312173794793%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg

Nutrients (% of daily need)

Calories: 556.22kcal (27.81%), Fat: 32.45g (49.92%), Saturated Fat: 14.12g (88.25%), Carbohydrates: 63g (21%), Net Carbohydrates: 58.41g (21.24%), Sugar: 48.82g (54.25%), Cholesterol: 53.02mg (17.67%), Sodium: 164.42mg (7.15%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Caffeine: 26.31mg (8.77%), Protein: 9.46g (18.91%), Manganese: 1.13mg (56.28%), Copper: 0.73mg (36.26%), Magnesium: 110.42mg (27.61%), Iron: 3.92mg (21.77%), Phosphorus: 201.6mg (20.16%), Fiber: 4.59g (18.34%), Vitamin B3: 3.32mg (16.58%), Zinc: 2.22mg (14.8%), Vitamin E: 2.22mg (14.78%), Selenium: 9.13µg (13.04%), Potassium: 364.43mg (10.41%), Folate: 39.34µg (9.84%), Vitamin B2: 0.15mg (8.73%), Vitamin B1: 0.11mg (7.57%), Vitamin B6: 0.14mg (7.1%), Calcium: 54.54mg (5.45%), Vitamin B5: 0.52mg (5.16%), Vitamin A: 237.34IU (4.75%), Vitamin K: 3.13µg (2.98%), Vitamin B12: 0.14µg (2.38%), Vitamin D: 0.32µg (2.11%)