



Campbell's Kitchen Chocolate Peanut Butter Cups

 Dairy Free

READY IN



67 min.

SERVINGS



18

CALORIES



144 kcal

Ingredients

- ☐ 4 ounce bar baking chocolate sweet
- ☐ 6 tablespoons creamy peanut butter
- ☐ 0.7 cup marshmallows miniature
- ☐ 1 sheet puff pastry pepperidge farm®

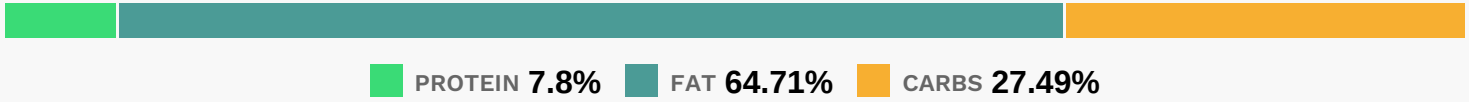
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees F.
- ☐ Unfold pastry on lightly floured surface.
- ☐ Roll into 18x9-inch rectangle.
- ☐ Cut into 18 (3-inch) squares. Press squares into 3-inch muffin-pan cups.
- ☐ Place 1 teaspoon peanut butter in center of each. Top each with 1 square chocolate and about 3 marshmallows.
- ☐ Bake 12 minutes or until golden. Cool in pan on wire rack 10 minutes.
- ☐ Remove from pan and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:4.4686956949856%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg

Nutrients (% of daily need)

Calories: 144.29kcal (7.21%), Fat: 11.21g (17.25%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.21g (3.35%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 59.77mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.04mg (1.68%), Protein: 3.04g (6.08%), Manganese: 0.41mg (20.36%), Copper: 0.24mg (12.17%), Iron: 1.54mg (8.56%), Magnesium: 31.83mg (7.96%), Vitamin B3: 1.36mg (6.82%), Fiber: 1.51g (6.03%), Selenium: 4.05µg (5.79%), Zinc: 0.81mg (5.43%), Phosphorus: 51.59mg (5.16%), Vitamin B1: 0.07mg (4.72%), Folate: 16.99µg (4.25%), Vitamin E: 0.58mg (3.9%), Vitamin B2: 0.05mg (3.24%), Vitamin K: 2.82µg (2.68%), Potassium: 90.76mg (2.59%), Vitamin B6: 0.03mg (1.41%), Calcium: 10.39mg (1.04%)