



Chocolate Cupcake with Peanut Butter Frosting

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 2 cups enriched bleached all purpose flour white lily®
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 3 cup confectioners' sugar
- ☐ 1 cup creamy peanut butter (plus more if needed)
- ☐ 2 large eggs
- ☐ 3 tablespoons heavy cream

- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 2 cups sugar
- ☐ 1 cup butter unsalted softened
- ☐ 0.8 cup cocoa powder unsweetened natural style
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water boiling

Equipment

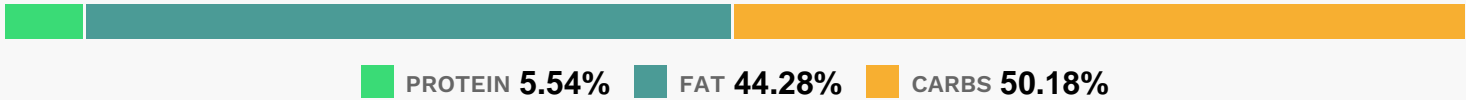
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350° F. Line 24 muffin cups with paper or foil liners.
- ☐ Mix together flour, sugar, cocoa, soda and salt in large bowl.
- ☐ Add butter, oil, buttermilk, eggs and vanilla. Beat two minutes with electric mixer at medium speed. Stir in water until blended. Batter will be thin. Divide batter among muffin cups.
- ☐ Bake for 30 to 35 minutes (mine were done in 2
- ☐ or until toothpick inserted in center comes out clean. Cool in pan 5 minutes.
- ☐ Remove to wire rack. Cool completely. To make the frosting, combine the butter and peanut butter and beat until creamy.
- ☐ Add the confectioner's sugar gradually, beating until well mixed, then add the salt, vanilla and cream and beat until smooth.

Add a little more peanut butter if desired.To frost, pipe the peanut butter on top of each cupcake and stick a candy coated chocolate in the center. For more peanut butter flavor, carve a small well in each cupcake and fill with peanut butter frosting, then pipe a star of frosting over it to cover.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:17.72, Inflammation Score:-4, Nutrition Score:5.9647826893336%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 335.02kcal (16.75%), Fat: 17.2g (26.46%), Saturated Fat: 7.18g (44.88%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 42.06g (15.29%), Sugar: 32.87g (36.52%), Cholesterol: 38.5mg (12.83%), Sodium: 130.42mg (5.67%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.84g (9.68%), Manganese: 0.34mg (16.78%), Vitamin B3: 2.12mg (10.59%), Vitamin E: 1.46mg (9.72%), Magnesium: 35.33mg (8.83%), Selenium: 6.16µg (8.8%), Copper: 0.17mg (8.6%), Phosphorus: 83.3mg (8.33%), Folate: 31.73µg (7.93%), Fiber: 1.79g (7.17%), Vitamin B2: 0.12mg (7.01%), Vitamin B1: 0.1mg (6.91%), Iron: 1.14mg (6.33%), Vitamin A: 294.68IU (5.89%), Vitamin K: 5.06µg (4.82%), Zinc: 0.62mg (4.13%), Potassium: 130.31mg (3.72%), Vitamin B6: 0.07mg (3.27%), Vitamin B5: 0.26mg (2.65%), Calcium: 22.52mg (2.25%), Vitamin D: 0.32µg (2.13%), Vitamin B12: 0.08µg (1.32%)