



Chocolate-PB-Ritz Cupcake Parfaits

READY IN



120 min.

SERVINGS



12

CALORIES



1375 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup heavy whipping cream
- ☐ 4 pints peanut butter softened
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 cup milk
- ☐ 2 round buttery crackers (see Notes above)

- ☐ 2 teaspoons salt
- ☐ 8 ounces semi chocolate chips chopped
- ☐ 2 cups sugar
- ☐ 1 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup water boiling

Equipment

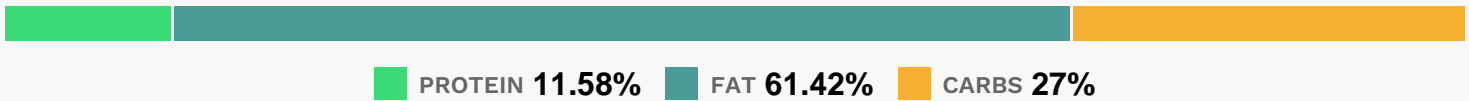
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ stove
- ☐ microwave
- ☐ muffin tray
- ☐ serrated knife

Directions

- ☐ Adjust oven rack to middle position and preheat oven to 350°F. Spray 2 12-cup muffin tins with baking spray.
- ☐ In large bowl, whisk together sugar, flour, cocoa powder, espresso powder, baking powder, baking soda, and 1 1/2 teaspoons salt. In a separate bowl, whisk eggs, milk, oil, and vanilla.
- ☐ Whisk the wet ingredients into the wet ingredients, then, whisk in the boiling water until mixture is smooth.
- ☐ Divide batter equally among muffin tins, filling each about 3/4 of the way full.

- ☐ Bake until a toothpick inserted in the center of cupcakes comes out clean, about 15 minutes.
- ☐ Transfer tins to cooling racks and cool cupcakes in tins until cool enough to handle, about 5 minutes.
- ☐ Transfer cupcakes directly to cooling racks and cool completely, about 45 minutes.
- ☐ While cupcakes cool, prepare frosting.
- ☐ Place chocolate in medium bowl. Bring cream to boil in small bowl in microwave or in small saucepan over medium-high heat on stovetop.
- ☐ Add boiling cream and remaining 1/2 teaspoon salt to chocolate and stir until chocolate is completely melted and smooth. Refrigerate until cooled and slightly set, about 45 minutes.
- ☐ Break 40 Ritz crackers into small pieces and process in food processor until finely ground.
- ☐ With electric mixer fitted with whisk attachment on medium speed, beat cooled chocolate until light and whippy, 2 to 3 minutes. Fold in Ritz.
- ☐ To assemble parfaits, with a serrated knife cut tops off of 12 cupcakes; reserve.
- ☐ Place bottom pieces, cut-side up, in 12 plastic party cups.
- ☐ Top each cupcake with about 3 tablespoons ice cream.
- ☐ Place a whole cupcake, top-side down, on top of the ice cream layer.
- ☐ Fill gap around cupcake with an additional 5 tablespoons ice cream, spreading some of the ice cream over the cupcake. Top with reserved cupcake tops, pressing down gently until tops are just barely coming over the rims.
- ☐ Spread with frosting and garnish with 2 whole Ritz crackers. Freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:37.69, Inflammation Score:-9, Nutrition Score:39.056521587398%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 1374.92kcal (68.75%), Fat: 99.64g (153.3%), Saturated Fat: 26.21g (163.79%), Carbohydrates: 98.58g (32.86%), Net Carbohydrates: 86.34g (31.4%), Sugar: 58.65g (65.17%), Cholesterol: 56.99mg (19%), Sodium: 1288.3mg (56.01%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Caffeine: 37.97mg (12.66%), Protein: 42.27g (84.54%), Manganese: 2.97mg (148.74%), Vitamin B3: 22.48mg (112.41%), Vitamin E: 14.94mg (99.63%), Magnesium: 345.43mg (86.36%), Phosphorus: 717.52mg (71.75%), Copper: 1.21mg (60.55%), Fiber: 12.24g (48.96%), Folate: 176.37µg (44.09%), Vitamin B6: 0.76mg (37.86%), Zinc: 5.37mg (35.81%), Potassium: 1194.34mg (34.12%), Iron: 6.04mg (33.54%), Vitamin B2: 0.53mg (31.16%), Selenium: 19.05µg (27.21%), Vitamin B1: 0.39mg (26.23%), Vitamin B5: 2.08mg (20.83%), Calcium: 175.15mg (17.52%), Vitamin A: 378.94IU (7.58%), Vitamin K: 6.38µg (6.08%), Vitamin D: 0.71µg (4.72%), Vitamin B12: 0.25µg (4.16%)