



Chocolate Peanut Butter and Jelly Cupcakes

 Vegetarian

READY IN



85 min.

SERVINGS



24

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons cocoa powder
- ☐ 8 ounce cream cheese at room temperature
- ☐ 2 cups jar creamy peanut butter
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 1 cup grape jelly for filling or flavor
- ☐ 0.3 cup milk
- ☐ 2 tablespoons peanut butter
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vanilla extract pure
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup vegetable oil
- ☐ 2 cups whipping cream chilled

Equipment

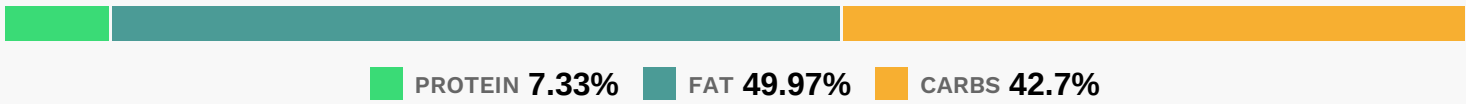
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ butter knife

Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Line muffin pans with paper liners.
- ☐ In a medium bowl, cream together the sugars and oil. Beat in the eggs, one at a time, and then stir in the vanilla.
- ☐ Combine the flour, cocoa powder, baking soda and salt.
- ☐ Add to the creamed mixture and mix well. Stir in the milk and peanut butter until the batter is smooth. Then scoop the batter into the liners.
- ☐ Bake for 20 to 25 minutes. The cupcakes are done when they spring back to the touch.
- ☐ Let cool.
- ☐ For the mousse frosting: Using an electric mixer, beat the peanut butter and cream cheese in a large bowl to blend.
- ☐ Add the powdered sugar and vanilla and beat until well blended. Using clean, dry beaters, beat the whipping cream in a medium bowl until stiff peaks form. Fold into the peanut butter mixture in four additions.

- ☐
- To assemble: You will need to utilize a small teaspoon or butter knife to cut out the center of the cupcakes. Once you have removed about 1/2 inch of the center, add some jelly to the middle of the cupcake directly from the jar. It is easier to use the jelly that comes in a squeezable container or you may just use a small spoon.
- ☐
- Top the cupcakes with peanut butter mousse frosting.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:17.6, Inflammation Score:-5, Nutrition Score:8.3247826669527%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 431.1kcal (21.55%), Fat: 24.57g (37.8%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 45.54g (16.56%), Sugar: 33.1g (36.78%), Cholesterol: 47.76mg (15.92%), Sodium: 240.44mg (10.45%), Alcohol: 0.49g (100%), Alcohol %: 0.53% (100%), Protein: 8.11g (16.21%), Manganese: 0.44mg (21.85%), Vitamin B3: 3.7mg (18.52%), Vitamin E: 2.56mg (17.07%), Phosphorus: 127.11mg (12.71%), Magnesium: 47.15mg (11.79%), Vitamin B2: 0.19mg (11.37%), Selenium: 7.71µg (11.02%), Folate: 44.04µg (11.01%), Vitamin A: 445.08IU (8.9%), Vitamin B1: 0.13mg (8.35%), Copper: 0.15mg (7.61%), Fiber: 1.69g (6.75%), Vitamin B6: 0.13mg (6.62%), Iron: 1.15mg (6.41%), Potassium: 206.61mg (5.9%), Zinc: 0.85mg (5.69%), Calcium: 48.01mg (4.8%), Vitamin B5: 0.48mg (4.76%), Vitamin K: 4.3µg (4.1%), Vitamin D: 0.43µg (2.86%), Vitamin B12: 0.1µg (1.72%), Vitamin C: 1.37mg (1.66%)