



Chocolate Peanut Butter Cupcakes

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 4.1 oz bread flour
- ☐ 2.5 teaspoons butter softened
- ☐ 0.8 cup hot-brewed coffee hot brewed
- ☐ 1 cup confectioners' sugar sifted
- ☐ 0.5 cup creamy peanut butter
- ☐ 4 oz chocolate dark chopped (again, Trader Joe's)
- ☐ 5 tablespoons dutch process cocoa dark (Hershey's)

- ☐ 2 large eggs room temperature
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup heavy cream
- ☐ 0.1 teaspoon salt plus more to taste
- ☐ 0.8 teaspoon vanilla extract
- ☐ 6 tablespoons vegetable oil
- ☐ 2 teaspoons vinegar

Equipment

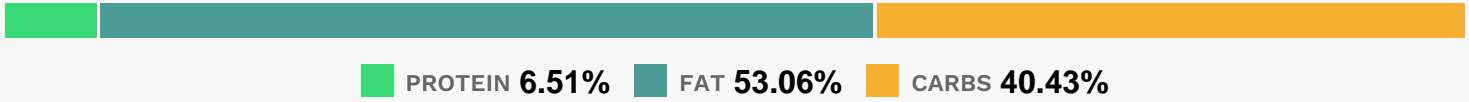
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350 degrees F. Line 12 standard size muffin cups with paper liners.
- ☐ Place chocolate and cocoa in a mixing bowl and pour the hot coffee over.
- ☐ Whisk until smooth then cool. In another bowl, mix the flour, sugar, salt and baking soda together, set aside.
- ☐ Whisk oil, eggs, vinegar and vanilla into the cooled chocolate mixture until smooth, then stir in the flour mixture. Divide batter between the baking cups.
- ☐ Bake 17–19 minutes, until cupcakes are set and just firm to the touch. Cool completely on a rack. Next, make the ganache. It needs time to cool, so I like to make it early on.
- ☐ Heat the cream in a microwave–safe measuring cup (I use a 2 cup Pyrex) just until it begins to boil.
- ☐ Add the finely chopped chocolate and stir.

- ☐
- Let sit for a few minutes, then stir again until chocolate is completely melted and mixture is smooth. Stir in the softened butter.
- ☐
- Let cool for about 10 minutes, then pour into a pastry bag or a heavy duty freeze bag and let cool and thicken. Make the peanut butter filling, 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. Carve a small well in each cupcake and fill with peanut butter filling. You can spoon it in or pipe it out of a snipped freezer bag. At this point the ganache should be cool and slightly thick. If it's not, throw it in the refrigerator for about 10 minutes. Snip the tip off the decorating bag (or Freezer bag) and pipe the ganache over the cupcake. Pipe or spoon a little dab of peanut butter in the center.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:14.3, Inflammation Score:-4, Nutrition Score:7.6895651742816%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 361.66kcal (18.08%), Fat: 22.03g (33.89%), Saturated Fat: 7.71g (48.16%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 35.22g (12.81%), Sugar: 26.07g (28.97%), Cholesterol: 44.73mg (14.91%), Sodium: 140.33mg (6.1%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.28mg (6.09%), Protein: 6.08g (12.16%), Manganese: 0.51mg (25.31%), Copper: 0.32mg (15.89%), Magnesium: 54.73mg (13.68%), Vitamin K: 13.74µg (13.08%), Vitamin E: 1.84mg (12.24%), Selenium: 8.23µg (11.76%), Phosphorus: 113.23mg (11.32%), Iron: 1.86mg (10.33%), Fiber: 2.55g (10.2%), Vitamin B3: 1.71mg (8.57%), Vitamin B2: 0.11mg (6.56%), Zinc: 0.95mg (6.32%), Potassium: 198.82mg (5.68%), Folate: 17.75µg (4.44%), Vitamin A: 220.69IU (4.41%), Vitamin B5: 0.39mg (3.93%), Vitamin B6: 0.08mg (3.76%), Calcium: 28.36mg (2.84%), Vitamin B1: 0.03mg (2.33%), Vitamin D: 0.33µg (2.17%), Vitamin B12: 0.12µg (1.97%)