



Chocolate Peanut Butter Cups

 Gluten Free  Popular

READY IN



120 min.

SERVINGS



12

CALORIES



284 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 11.5 ounce milk chocolate chips divided
- 1 cup peanut butter
- 0.3 teaspoon salt

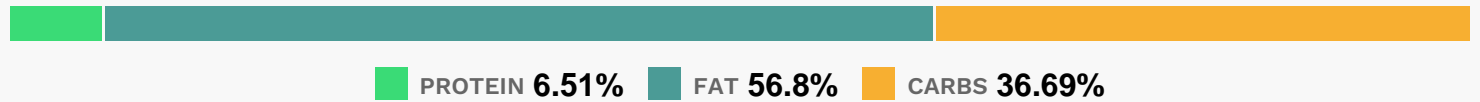
Equipment

- bowl
- microwave
- muffin liners

Directions

- Trim 12 paper muffin cup liners to half of their height.
- Place 1/2 chocolate chips in a microwave safe container. Microwave for 2 minutes, stirring after each minute. Spoon melted chocolate into muffin cups, filling halfway. With a spoon, draw the chocolate up the sides of the cups until evenly coated. Cool in the refrigerator until firm.
- In a small bowl, mix together peanut butter, confectioners' sugar and salt. divide into the chocolate cups. Melt the remaining chocolate, and spoon over peanut butter.
- Spread chocolate to edges of cups.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:4.3508695854765%

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 18.75g (28.84%), Saturated Fat: 7.02g (43.9%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 26.22g (9.53%), Sugar: 22.67g (25.19%), Cholesterol: 0mg (0%), Sodium: 140.78mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Manganese: 0.32mg (15.78%), Vitamin B3: 2.86mg (14.3%), Vitamin E: 1.96mg (13.06%), Magnesium: 36.34mg (9.08%), Phosphorus: 72.89mg (7.29%), Potassium: 198.99mg (5.69%), Vitamin B6: 0.1mg (4.77%), Folate: 18.49µg (4.62%), Copper: 0.09mg (4.53%), Fiber: 1.03g (4.13%), Zinc: 0.55mg (3.64%), Calcium: 30.02mg (3%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.23mg (2.28%), Iron: 0.38mg (2.09%), Vitamin B1: 0.03mg (1.98%), Selenium: 0.91µg (1.3%)