



Chocolate Peanut Butter Cups

 Dairy Free

READY IN



80 min.

SERVINGS



18

CALORIES



110 kcal

Ingredients

- ☐ 4 ounces baker's chocolate sweet
- ☐ 6 tbsp creamy peanut butter
- ☐ 0.7 cup marshmallows miniature
- ☐ 0.5 puff pastry thawed pepperidge farm® (1 sheet)

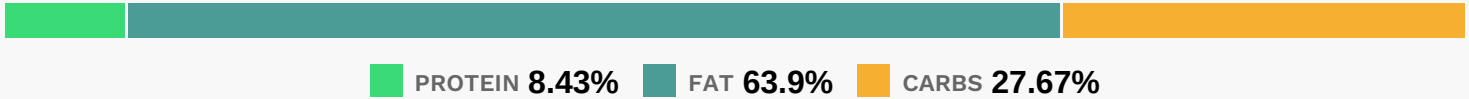
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat the oven to 400°F.
- ☐ Unfold the pastry sheet on a lightly floured surface.
- ☐ Roll the pastry sheet into an 18x9-inch rectangle.
- ☐ Cut into 18 (3-inch) squares. Press the pastry squares into 18 (2 1/2-inch) muffin-pan cups. Spoon 1 teaspoon peanut butter into each pastry cup. Top each with 1 square chocolate and about 3 marshmallows.
- ☐ Bake for 10 minutes or until the pastries are golden brown.
- ☐ Let the pastries cool in the pan on a wire rack for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:3.16, Inflammation Score:-2, Nutrition Score:3.8686956400457%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg

Nutrients (% of daily need)

Calories: 109.73kcal (5.49%), Fat: 8.62g (13.26%), Saturated Fat: 3.23g (20.22%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.99g (2.54%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 43.56mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.04mg (1.68%), Protein: 2.56g (5.12%), Manganese: 0.37mg (18.71%), Copper: 0.24mg (11.83%), Magnesium: 30.76mg (7.69%), Iron: 1.37mg (7.61%), Fiber: 1.41g (5.63%), Vitamin B3: 1.08mg (5.4%), Zinc: 0.78mg (5.2%), Phosphorus: 47.59mg (4.76%), Vitamin E: 0.55mg (3.65%), Selenium: 2.42µg (3.46%), Folate: 11.69µg (2.92%), Vitamin B1: 0.04mg (2.92%), Potassium: 86.66mg (2.48%), Vitamin B2: 0.04mg (2.1%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.34%)