



# Chocolate Peanut Butter Globs

READY IN

ready

55 min.

SERVINGS

servings

20

CALORIES

calories

262 kcal

- CONDIMENT
- DIP
- SPREAD

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 extra large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon espresso powder such as medaglia d'oro instant
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup peanut butter chips such as reese's
- ☐ 1 cup pecan halves whole chopped not
- ☐ 12 ounces semi chocolate chips divided
- ☐ 0.8 cup sugar

- ☐ 6 tablespoons butter unsalted
- ☐ 2 ounces chocolate unsweetened
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup walnut halves whole chopped not

## Equipment

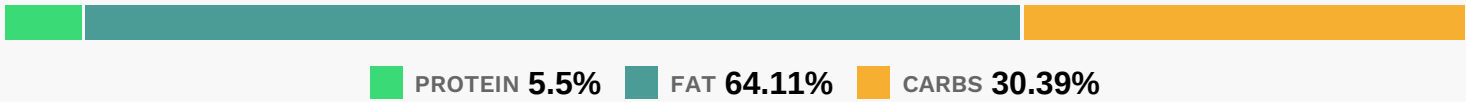
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F. Line a few sheet pans with parchment paper.
- ☐ In a bowl set over simmering water, melt the butter, 6 ounces of the chocolate chips, and the unsweetened chocolate, stirring occasionally, until just melted.
- ☐ Remove from the heat and cool for 15 minutes.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs, espresso powder, and vanilla until combined.
- ☐ Add the sugar, raise the speed to medium-high, and beat for 2 minutes, until the batter is thick and falls back on itself in a ribbon. Set aside.
- ☐ With the mixer on low, slowly add the chocolate mixture to the egg mixture.
- ☐ Combine the 1/3 cup of flour, baking powder, and salt in a small bowl and fold it into the chocolate mixture with a rubber spatula. In another bowl, combine the walnuts, pecans, peanut butter chips, the remaining 6 ounces of chocolate chips, and the tablespoon of flour and fold it into the chocolate mixture. With 2 soup spoons, drop rounded mounds of batter 1 inch apart onto the prepared sheet pans.

Bake for 15 minutes exactly. Cool on the baking sheets.

# Nutrition Facts



## Properties

Glycemic Index:13.35, Glycemic Load:6.54, Inflammation Score:-3, Nutrition Score:7.1900000481502%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

## Nutrients (% of daily need)

Calories: 261.87kcal (13.09%), Fat: 19.36g (29.79%), Saturated Fat: 7.67g (47.91%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.89g (6.51%), Sugar: 14.18g (15.76%), Cholesterol: 30.88mg (10.29%), Sodium: 61.43mg (2.67%), Alcohol: 0.14g (100%), Alcohol %: 0.31% (100%), Caffeine: 24.75mg (8.25%), Protein: 3.74g (7.47%), Manganese: 0.79mg (39.38%), Copper: 0.47mg (23.26%), Magnesium: 56.57mg (14.14%), Iron: 2.1mg (11.65%), Fiber: 2.76g (11.02%), Phosphorus: 109.03mg (10.9%), Zinc: 1.22mg (8.14%), Selenium: 4.68µg (6.68%), Vitamin B1: 0.08mg (5.41%), Potassium: 186.67mg (5.33%), Calcium: 39.31mg (3.93%), Vitamin B2: 0.07mg (3.86%), Folate: 14.19µg (3.55%), Vitamin A: 147.64IU (2.95%), Vitamin B6: 0.06mg (2.95%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.23mg (2.32%), Vitamin K: 2.15µg (2.05%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.17µg (1.17%)