



Chocolate-Peanut Butters

READY IN



80 min.

SERVINGS



24

CALORIES



222 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pkg devil's food cake mix (2-layer size)
- 16 oz ready-to-spread chocolate frosting
- 0.5 cup creamy peanut butter
- 3.4 oz jell-o chocolate flavor pudding instant
- 1 cup milk cold
- 0.3 cup planters roasted peanuts dry chopped
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- oven
- whisk
- ziploc bags
- muffin liners

Directions

- Heat oven to 350F.
- Prepare cake batter and bake in 24 paper-lined muffin cups as directed on package. Cool 30 min. (Cupcakes still need to be warm to fill.)
- Beat pudding mix and milk with whisk 2 min.
- Add peanut butter; mix well. Spoon into small freezer-weight resealable plastic bag; seal bag. Snip off one corner from bottom of bag. Insert tip of bag into center of each cupcake; pipe in about 1 Tbsp. filling.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended. Frost each cupcake with frosting; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.1621738827747%

Nutrients (% of daily need)

Calories: 221.61kcal (11.08%), Fat: 10.47g (16.11%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 30.22g (10.99%), Sugar: 22.39g (24.88%), Cholesterol: 1.28mg (0.43%), Sodium: 276.06mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Manganese: 0.21mg (10.6%), Phosphorus: 102.9mg (10.29%), Copper: 0.15mg (7.68%), Vitamin E: 1.08mg (7.23%), Iron: 1.25mg (6.95%), Magnesium: 27.54mg (6.88%), Vitamin B3: 1.27mg (6.37%), Calcium: 47.26mg (4.73%), Potassium: 164.55mg (4.7%), Fiber: 1.14g (4.54%), Selenium: 3.12µg (4.45%), Folate: 17.7µg (4.43%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.05mg (3.3%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.06µg (1.02%)