



Double Chocolate-Peanut Butter Cupcakes

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 3 tablespoons creamy peanut butter
- ☐ 0.3 cup cream fat-free sour
- ☐ 1 eggs
- ☐ 1 egg whites
- ☐ 1 cup yukon gold potatoes
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup water hot

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 1 serving powdered sugar

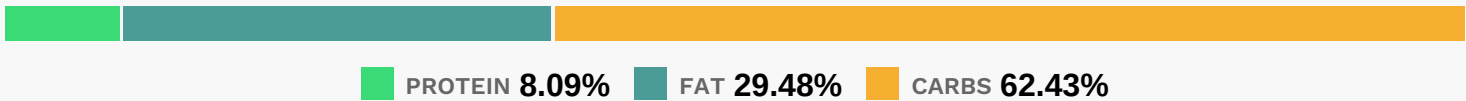
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Line 12 regular-size muffin cups with paper baking cups.
- ☐ In large bowl, beat granulated sugar, peanut butter, sour cream, egg and egg white with electric mixer on medium speed until well blended. Beat in remaining ingredients except powdered sugar on low speed just until mixed. Divide among muffin cups.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to wire rack. Cool completely, about 30 minutes.
- ☐ Sprinkle tops with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:3.8230434889379%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg,

Kaempferol: 0.16mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 132.49kcal (6.62%), Fat: 4.59g (7.06%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 20.18g (7.34%), Sugar: 15.59g (17.32%), Cholesterol: 14.37mg (4.79%), Sodium: 81.56mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.36mg (2.79%), Protein: 2.83g (5.67%), Manganese: 0.22mg (11.23%), Copper: 0.17mg (8.7%), Magnesium: 30.2mg (7.55%), Fiber: 1.68g (6.73%), Phosphorus: 62.95mg (6.3%), Potassium: 176.32mg (5.04%), Iron: 0.86mg (4.76%), Vitamin C: 3.88mg (4.71%), Vitamin B6: 0.09mg (4.35%), Vitamin B3: 0.83mg (4.14%), Selenium: 2.85µg (4.07%), Vitamin B2: 0.06mg (3.42%), Zinc: 0.49mg (3.24%), Vitamin E: 0.44mg (2.9%), Folate: 9.52µg (2.38%), Vitamin B1: 0.03mg (1.85%), Calcium: 18.32mg (1.83%), Vitamin B5: 0.18mg (1.81%)