



Four Ingredient Nutella Peanut Butter Cakes



Vegetarian



Dairy Free



Popular

READY IN



20 min.

SERVINGS



10

CALORIES



100 kcal

Ingredients

- ☐ 5 tablespoons all purpose flour
- ☐ 1 large eggs
- ☐ 0.3 cup tbsp nutella spread
- ☐ 0.3 cup peanut butter

Equipment

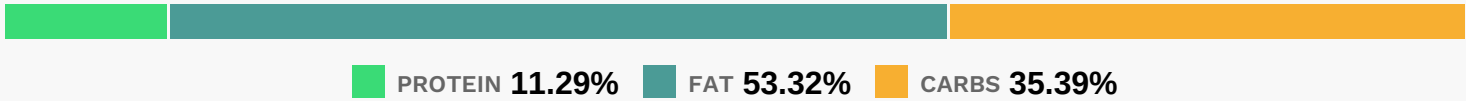
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks

☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees. Line or grease mini cupcake/muffin pan.
- ☐ Combine the peanut butter, Nutella and egg in a medium bowl and whisk until smooth and well blended.
- ☐ Add the flour and whisk until blended.
- ☐ Spoon the batter into the prepared muffin tins (about 3/4 full).
- ☐ Bake about 10 minutes until toothpick inserted comes out clean. Set on a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:3.0278260992921%

Nutrients (% of daily need)

Calories: 99.73kcal (4.99%), Fat: 6.04g (9.29%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.2g (2.98%), Sugar: 4.76g (5.28%), Cholesterol: 18.6mg (6.2%), Sodium: 37.92mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Manganese: 0.19mg (9.33%), Vitamin E: 1.01mg (6.76%), Vitamin B3: 1.12mg (5.58%), Selenium: 3.34µg (4.77%), Phosphorus: 47.22mg (4.72%), Magnesium: 17.13mg (4.28%), Folate: 15.81µg (3.95%), Vitamin B2: 0.07mg (3.91%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.56%), Fiber: 0.82g (3.26%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.04mg (2.25%), Zinc: 0.33mg (2.23%), Potassium: 77.82mg (2.22%), Vitamin B5: 0.19mg (1.88%), Calcium: 14.62mg (1.46%), Vitamin B12: 0.06µg (1.08%)