



## Gluten And Dairy Free Peanut Butter Cups

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



167 kcal

DESSERT

### Ingredients

- 18 oz bittersweet chocolate (almost 2 packages)
- 1 Tbsp shortening
- 0.5 C creamy peanut butter
- 0.3 C agave nectar
- 0.1 tsp salt

### Equipment

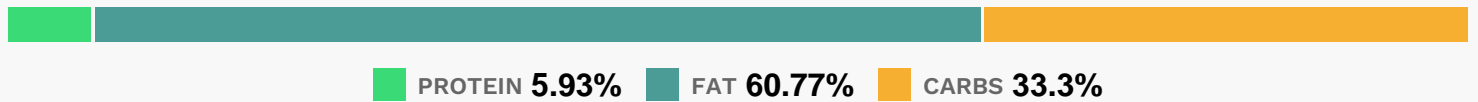
- bowl
- muffin liners

mini muffin tray

## Directions

- Line a mini muffin tin with paper liners or spray with cooking oil.
- Mix together the filling ingredients and set aside.
- In a heatproof bowl, melt the chocolate and shortening over simmering water. Do not allow the water to touch the bottom of the bowl.
- Spoon 1 tsp. of the melted chocolate into each of the muffin cups.
- Top with a scant teaspoon of the peanut butter mixture.
- Then top with another teaspoon of the melted chocolate.
- Refrigerate until set. Store in an airtight container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:1.21, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.3604347826087%

## Taste

Sweetness: 86.82%, Saltiness: 0.49%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 167.02kcal (8.35%), Fat: 11.44g (17.59%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.93g (11.03%), Cholesterol: 1.28mg (0.43%), Sodium: 37.41mg (1.63%), Caffeine: 18.29mg (6.1%), Protein: 2.51g (5.03%), Manganese: 0.36mg (18.03%), Copper: 0.29mg (14.41%), Magnesium: 46.53mg (11.63%), Iron: 1.44mg (8%), Fiber: 1.96g (7.85%), Phosphorus: 73.53mg (7.35%), Zinc: 0.7mg (4.67%), Vitamin B3: 0.91mg (4.54%), Vitamin E: 0.67mg (4.47%), Potassium: 150.97mg (4.31%), Selenium: 2.05µg (2.92%), Vitamin K: 2.35µg (2.23%), Vitamin B6: 0.04mg (1.82%), Calcium: 15.85mg (1.59%), Vitamin B2: 0.02mg (1.44%), Folate: 5.31µg (1.33%), Vitamin B5: 0.12mg (1.24%), Vitamin B1: 0.02mg (1.14%)