



## Gluten-Free Peanut Butter Cupcakes with Chocolate Frosting

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



389 kcal

DESSERT

### Ingredients

- 16 oz flour gluten free
- 1.5 teaspoons double-acting baking powder gluten-free
- 0.5 teaspoon xanthan gum
- 0.3 teaspoon salt
- 0.7 cup granulated sugar
- 0.3 cup butter softened
- 0.3 cup creamy peanut butter

- 1 teaspoon vanilla gluten-free
- 2 eggs
- 0.5 cup milk
- 3 tablespoons butter softened
- 1.5 oz baker's chocolate unsweetened cooled melted
- 1.5 cups powdered sugar
- 0.5 teaspoon vanilla gluten-free
- 1 tablespoons milk

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F for shiny aluminum pan, 325°F for dark nonstick pan.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease cups with shortening or cooking spray.
- In medium bowl, stir together flour blend, baking powder, xanthan gum and salt; set aside.
- In large bowl, beat granulated sugar, 1/3 cup softened butter, peanut butter and 1 teaspoon vanilla on medium speed about 3 minutes or until light and fluffy.
- Add eggs, one at a time, beating on medium speed 1 minute after each addition. On low speed, beat in dry ingredient mixture alternately with 1/2 cup milk, beginning and ending with dry mixture. Divide batter evenly among muffin cups. Smooth tops of batter in cups with wet fingers.
- Bake 20 to 24 minutes or until toothpick inserted in center of cupcake comes out clean. Cool 5 minutes in pan; remove from pan to cooling rack. Cool completely before frosting, about 30

minutes.

- To make Chocolate Frosting, in medium bowl, beat 3 tablespoons softened butter and chocolate until blended.
- Add powdered sugar, 1/2 teaspoon vanilla and enough milk until smooth and spreadable.

## Nutrition Facts



## Properties

Glycemic Index:35.59, Glycemic Load:29.13, Inflammation Score:-5, Nutrition Score:9.4930436248365%

## Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

## Nutrients (% of daily need)

Calories: 389.02kcal (19.45%), Fat: 14.94g (22.98%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 58.43g (19.48%), Net Carbohydrates: 56.38g (20.5%), Sugar: 27.29g (30.32%), Cholesterol: 49.73mg (16.58%), Sodium: 215.67mg (9.38%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 7.36g (14.71%), Manganese: 0.52mg (25.77%), Selenium: 16.12µg (23.03%), Vitamin B1: 0.32mg (21.45%), Folate: 80.07µg (20.02%), Vitamin B3: 3.26mg (16.28%), Vitamin B2: 0.26mg (15.41%), Iron: 2.7mg (14.97%), Phosphorus: 119.01mg (11.9%), Copper: 0.21mg (10.34%), Magnesium: 34.66mg (8.66%), Fiber: 2.05g (8.2%), Vitamin E: 1mg (6.67%), Calcium: 62.99mg (6.3%), Zinc: 0.94mg (6.28%), Vitamin A: 303.14IU (6.06%), Vitamin B5: 0.41mg (4.13%), Potassium: 141.65mg (4.05%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.22µg (1.16%)