



Gluten-Free Peanut Butter Cupcakes with Chocolate Frosting

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



312 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder gluten-free
- 0.3 cup butter softened
- 3 tablespoons butter softened
- 0.3 cup creamy peanut butter
- 2 eggs
- 0.7 cup granulated sugar
- 0.5 cup milk

- 1 tablespoons milk
- 1.5 cups powdered sugar
- 1.3 cups rice flour gluten free all-purpose
- 0.3 teaspoon salt
- 1.5 oz baker's chocolate unsweetened cooled melted
- 0.5 teaspoon vanilla gluten-free
- 1 teaspoon vanilla gluten-free
- 0.5 teaspoon xanthan gum

Equipment

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

Directions

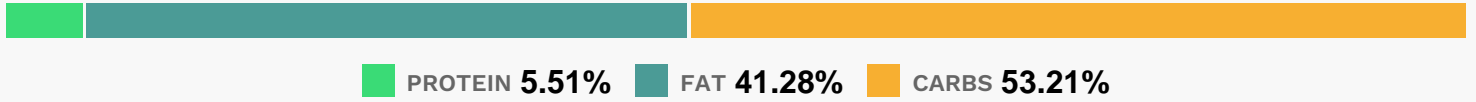
- Heat oven to 350F for shiny aluminum pan, 325F for dark nonstick pan.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease cups with shortening or cooking spray.
- In medium bowl, stir together flour blend, baking powder, xanthan gum and salt; set aside.
- In large bowl, beat 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:35.01, Glycemic Load:17.07, Inflammation Score:-3, Nutrition Score:5.6204347403153%

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: 312.43kcal (15.62%), Fat: 14.8g (22.77%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 41.51g (15.09%), Sugar: 27.21g (30.23%), Cholesterol: 49.73mg (16.58%), Sodium: 214.91mg (9.34%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 4.44g (8.89%), Manganese: 0.46mg (22.88%), Phosphorus: 94.52mg (9.45%), Copper: 0.17mg (8.7%), Selenium: 5.82µg (8.32%), Magnesium: 32.18mg (8.04%), Vitamin B3: 1.46mg (7.28%), Vitamin E: 1mg (6.64%), Vitamin B6: 0.13mg (6.26%), Vitamin A: 303.14IU (6.06%), Calcium: 58.99mg (5.9%), Fiber: 1.43g (5.72%), Iron: 1mg (5.55%), Zinc: 0.81mg (5.4%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.38mg (3.84%), Potassium: 113.87mg (3.25%), Vitamin B1: 0.05mg (3.2%), Folate: 11.56µg (2.89%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.11µg (1.06%)