



## Homemade Peanut Butter Cups

 Popular

READY IN



45 min.

SERVINGS



30

CALORIES



143 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 1 cup confectioners' sugar
- 0.5 cup crunchy peanut butter
- 0.7 cup graham cracker crumbs
- 2 cups milk chocolate chips
- 2 tablespoons shortening

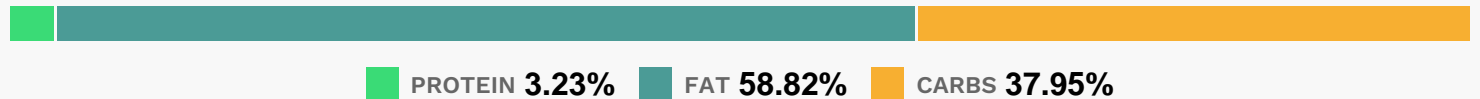
### Equipment

- sauce pan

## Directions

- In 1-quart saucepan combine chocolate chips and shortening. Cook over low heat, stirring occasionally, until melted and smooth (3 to 5 minutes).
- Loosen top paper cup from stack, but leave in stack for greater stability while being coated. With small paint brush, coat inside top cup evenly with about 1 teaspoon melted chocolate to about 1/8-inch thickness, bringing coating almost to top of cup, but not over edge. Repeat until 30 cups are coated; refrigerate cups.
- In 2-quart saucepan combine butter or margarine and peanut butter. Cook over medium heat, stirring occasionally, until melted (4 to 6 minutes). Stir in confectioners' sugar and graham cracker crumbs. Press about 1/2 tablespoon filling into each chocolate cup.
- Spoon about 1/2 teaspoon melted chocolate on top of filling; spread to cover. Freeze until firm (about 2 hours) carefully peel off paper cups. Store refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:1.2760869569105%

## Nutrients (% of daily need)

Calories: 143.47kcal (7.17%), Fat: 9.68g (14.9%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 13.65g (4.96%), Sugar: 11.56g (12.85%), Cholesterol: 8.13mg (2.71%), Sodium: 57.64mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Manganese: 0.08mg (3.88%), Vitamin B3: 0.66mg (3.31%), Vitamin E: 0.41mg (2.74%), Potassium: 70.61mg (2.02%), Magnesium: 8.06mg (2.01%), Vitamin A: 94.55IU (1.89%), Phosphorus: 18.4mg (1.84%), Fiber: 0.41g (1.63%), Calcium: 12.94mg (1.29%), Copper: 0.03mg (1.28%), Folate: 4.93µg (1.23%), Zinc: 0.16mg (1.07%)