



Jif Cashew Butter and Jif Almond Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



33 min.

SERVINGS



12

CALORIES



192 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.6 ounces jif almond butter generous ()
- ☐ 3 ounces chocolate dark chopped (Hershey's)
- ☐ 1 large egg plus 2 tablespoons egg lightly beaten
- ☐ 0.5 teaspoon espresso powder instant
- ☐ 0.5 cup granulated sugar
- ☐ 1 pinch tiny of salt
- ☐ 4 ounces butter unsalted
- ☐ 6 tablespoons cocoa powder dark unsweetened (I used 3 T. Natural and 3 T.)

☐ 0.5 teaspoon vanilla

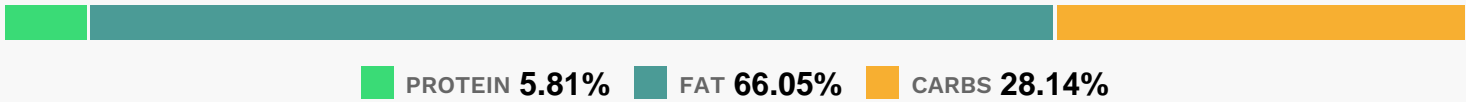
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F. Line 12 muffin cups with paper liners.In a saucepan, heat the butter over medium until it melts.
- ☐ Remove from heat and add the chopped chocolate.
- ☐ Let the chocolate sit in the hot butter for about 2 minutes, then stir until melted and smooth. Stir in the cocoa powder, coffee, salt and vanilla.In a mixing bowl using a handheld electric mixer, beat the eggs. Gradually add the granulated sugar, beating constantly. Beat for about 5 minutes – mixture should be very frothy and light. Beat in the almond butter until smooth.Stir in the chocolate mixture. Divide mixture evenly among cupcake cups (they'll be a little less than halfway full) and bake on center rack for 18 minutes or until they appear set.
- ☐ Remove from the oven and let cool completely. I let mine cool, then chilled them to help develop the fudgy texture.

Nutrition Facts



Properties

Glycemic Index:7.76, Glycemic Load:6.39, Inflammation Score:-4, Nutrition Score:5.1386956028316%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 192.22kcal (9.61%), Fat: 14.86g (22.86%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 11.91g (4.33%), Sugar: 10.38g (11.53%), Cholesterol: 36.03mg (12.01%), Sodium: 12.67mg (0.55%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.73mg (4.24%), Protein: 2.94g (5.88%), Manganese: 0.37mg (18.39%), Copper: 0.28mg (14.13%), Vitamin E: 1.79mg (11.96%), Magnesium: 46.62mg (11.65%), Fiber: 2.33g (9.32%), Iron: 1.49mg (8.26%), Phosphorus: 82.04mg (8.2%), Vitamin B2: 0.09mg (5.49%), Vitamin A: 261.48IU (5.23%), Zinc: 0.67mg (4.47%), Potassium: 144.53mg (4.13%), Calcium: 34.45mg (3.45%), Selenium: 2.42µg (3.45%), Vitamin B3: 0.34mg (1.71%), Folate: 6.3µg (1.57%), Vitamin D: 0.23µg (1.5%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.07µg (1.22%), Vitamin K: 1.25µg (1.19%)