



PB and J Cupcakes

 Dairy Free

READY IN



101 min.

SERVINGS



24

CALORIES



199 kcal

DESSERT

Ingredients

- 0.5 cup planters creamy peanut butter
- 3 eggs
- 3.4 ounce jell-o vanilla flavor pudding instant
- 3 ounce jell-o strawberry flavor gelatin divided
- 10.4 ounce cool whip vanilla whipped frosting
- 1 cup water cold
- 1 package duncan hines classic decadent cake mix yellow (2-layer size)

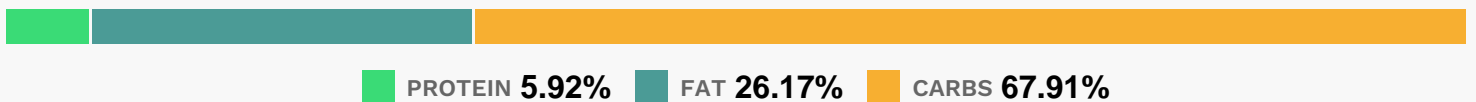
Equipment

- bowl
- oven
- knife
- blender
- loaf pan
- toothpicks
- muffin liners

Directions

- Heat oven to 350 degrees F.
- Add 1 Tbsp. dry gelatin mix to frosting; stir gently until blended. Refrigerate until ready to use.
- Add boiling water to remaining gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Pour into 8x4-inch loaf pan sprayed with cooking spray. Refrigerate 1 hour or until firm.
- Meanwhile, beat cake mix, dry pudding mix, eggs, cold water and peanut butter with mixer until blended. (Batter will be thick.) Spoon into 24 paper-lined muffin cups.
- Bake 18 to 21 min. or until toothpick inserted in centers comes out clean. Cool completely.
- Use paring knife to cut 1-1/4-inch wide piece from top of each cupcake, being careful to not cut through to bottom of cake; set removed centers aside.
- Cut gelatin into 24 cubes; place in cupcakes. Cover with removed cupcake centers, pressing gently into cupcakes to secure. Frost cupcakes.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:3.449565205885%

Nutrients (% of daily need)

Calories: 199.3kcal (9.97%), Fat: 5.87g (9.04%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 33.75g (12.27%), Sugar: 23.9g (26.55%), Cholesterol: 20.46mg (6.82%), Sodium: 252.81mg

(10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Phosphorus: 103.18mg (10.32%), Vitamin B2: 0.12mg (7.31%), Vitamin B3: 1.25mg (6.23%), Vitamin E: 0.93mg (6.22%), Manganese: 0.12mg (6.11%), Folate: 22.94µg (5.74%), Calcium: 52.14mg (5.21%), Selenium: 2.84µg (4.06%), Vitamin B1: 0.06mg (4.05%), Iron: 0.66mg (3.69%), Magnesium: 12.19mg (3.05%), Vitamin B6: 0.05mg (2.49%), Copper: 0.05mg (2.43%), Vitamin B5: 0.23mg (2.27%), Fiber: 0.54g (2.16%), Vitamin K: 2.25µg (2.15%), Zinc: 0.28mg (1.84%), Potassium: 53.26mg (1.52%), Vitamin B12: 0.07µg (1.17%)