



PB Cup Stuffed Brownie Bites

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



149 kcal

DESSERT

Ingredients

- 2 cups granulated sugar
- 1.8 cups flour
- 5 eggs
- 1 teaspoon salt
- 1 cup vegetable oil
- 1 teaspoon vanilla
- 0.5 cup cocoa powder
- 0.5 cup semi chocolate chips sweet (1 cup if you don't want to stuff the brownie bites)

60 peanut butter cups mini

Equipment

frying pan

oven

whisk

wire rack

toothpicks

mini muffin tray

Directions

Whisk together sugar, flour, eggs, salt, oil, vanilla, and cocoa powder until well combined. Stir in the semi sweet chocolate chips. Make sure to not over mix!

Prepare a mini muffin pan with cooking spray and preheat your oven to 350 degrees F.

Scoop batter into the pan.

Fill the slots up about 3/4 of the way up, so there's a little room for the peanut butter cup stuffed brownie bites to rise.

Cook for 8 - 10 minutes, or until an inserted toothpick comes out almost clean. It's ok if these are slightly underdone.

Once the brownies are done, gently push a peanut butter cup in the center of the brownie.

Let these set in the pan for a couple of minutes.

Remove from the pan and let them cool the rest of the way on a cooling rack!

Nutrition Facts



PROTEIN 7.26% **FAT 40.74%** **CARBS 52%**

Properties

Glycemic Index:2.42, Glycemic Load:6.67, Inflammation Score:-1, Nutrition Score:2.6691304347826%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 148.67kcal (7.43%), Fat: 6.99g (10.75%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.98g (6.9%), Sugar: 15.27g (16.97%), Cholesterol: 14.75mg (4.92%), Sodium: 105.1mg (4.57%), Caffeine: 4.13mg (1.38%), Protein: 2.8g (5.61%), Vitamin B3: 1.01mg (5.05%), Phosphorus: 47.73mg (4.77%), Copper: 0.1mg (4.76%), Magnesium: 18.01mg (4.5%), Fiber: 1.1g (4.38%), Folate: 17.12µg (4.28%), Selenium: 2.87µg (4.1%), Vitamin B1: 0.06mg (3.89%), Manganese: 0.07mg (3.69%), Iron: 0.64mg (3.54%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.38mg (2.53%), Potassium: 86.91mg (2.48%), Vitamin B5: 0.18mg (1.84%), Calcium: 17.81mg (1.78%), Vitamin K: 1.82µg (1.74%), Vitamin B12: 0.08µg (1.33%), Vitamin B6: 0.03mg (1.31%)