



PB & J Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



251 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1.3 cups water
- 0.8 cup creamy peanut butter
- 0.3 cup vegetable oil
- 3 eggs
- 12 oz vanilla frosting
- 0.5 cup creamy peanut butter
- 2 tablespoons grape jelly

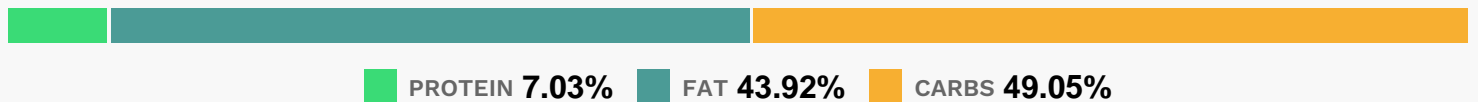
Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups (about two-thirds full).
- Bake 18 to 23 minutes or until toothpick inserted in center comes out clean.
- Remove from pan to cooling rack. Cool completely, about 30 minutes.
- In medium bowl, mix frosting and 1/2 cup peanut butter. Frost cupcakes with frosting. Make a small indentation in center of frosting on each cupcake with back of spoon. Just before serving, spoon 1/4 to 1/2 teaspoon jelly into each indentation. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:5.09, Inflammation Score:-2, Nutrition Score:5.2447826395864%

Nutrients (% of daily need)

Calories: 251.32kcal (12.57%), Fat: 12.56g (19.32%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 30.64g (11.14%), Sugar: 20.51g (22.79%), Cholesterol: 20.46mg (6.82%), Sodium: 249.51mg

(10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Phosphorus: 126.09mg (12.61%), Vitamin E: 1.88mg (12.56%), Manganese: 0.24mg (12.02%), Vitamin B3: 2.32mg (11.61%), Vitamin B2: 0.14mg (8.51%), Folate: 30.11µg (7.53%), Magnesium: 25.86mg (6.46%), Vitamin K: 6.7µg (6.38%), Calcium: 56.25mg (5.62%), Vitamin B1: 0.07mg (4.81%), Iron: 0.81mg (4.49%), Vitamin B6: 0.09mg (4.3%), Selenium: 2.93µg (4.19%), Copper: 0.08mg (3.98%), Fiber: 0.92g (3.69%), Zinc: 0.48mg (3.22%), Vitamin B5: 0.31mg (3.13%), Potassium: 99.6mg (2.85%), Vitamin B12: 0.07µg (1.17%)