

PB&J Cupcakes

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup creamy peanut butter canned (you can also use almond, cashew or sunflower butter)
- ☐ 1 large eggs
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups milk whole reduced-fat
- ☐ 0.5 cup cream cheese softened

☐ 0.3 cup strawberry jelly

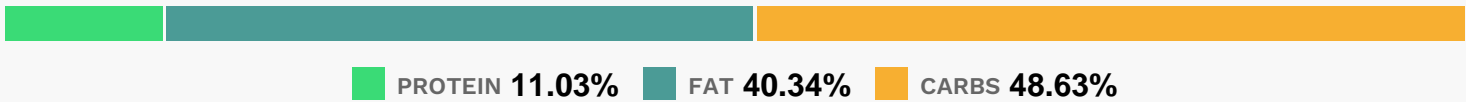
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place mini paper baking cup in each of 32 mini muffin cups. Grease or spray paper baking cups.
- ☐ In large bowl, mix flour, baking powder and salt; set aside.
- ☐ In separate bowl, beat peanut butter, egg and sugar with whisk until combined; beat in milk.
- ☐ Using whisk, beat wet ingredients into dry ingredients until just combined (do not overbeat).
- ☐ Fill paper baking cups 2/3 full with batter.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 5 minutes; remove to cooling rack. Cool completely, about 30 minutes.
- ☐ Meanwhile, beat frosting ingredients with whisk until smooth and well combined.
- ☐ Spread each cupcake with frosting.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:1.8308695694027%

Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 2.76g (4.24%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.22g (2.62%), Sugar: 2.86g (3.18%), Cholesterol: 10.54mg (3.51%), Sodium: 89.42mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Selenium: 2.76µg (3.95%), Phosphorus: 34.6mg (3.46%), Vitamin B2: 0.06mg (3.45%), Calcium: 33.01mg (3.3%), Manganese: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.22%), Folate: 12.01µg (3%), Vitamin B3: 0.57mg (2.86%), Iron: 0.33mg (1.86%), Vitamin E: 0.24mg (1.61%), Magnesium: 6.31mg (1.58%), Vitamin A: 71.51IU (1.43%), Vitamin B5: 0.12mg (1.23%), Vitamin B12: 0.07µg (1.22%), Potassium: 39.85mg (1.14%), Vitamin B6: 0.02mg (1.1%), Zinc: 0.16mg (1.09%), Fiber: 0.26g (1.03%), Copper: 0.02mg (1.01%)