



PBJ Cupcakes - Berry Cupcakes with Peanut Butter Frosting

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 4 cups confectioners' sugar
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose

- ☐ 0.3 cup milk
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup raspberry jam
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon strawberry extract
- ☐ 0.5 cup sugar white

Equipment

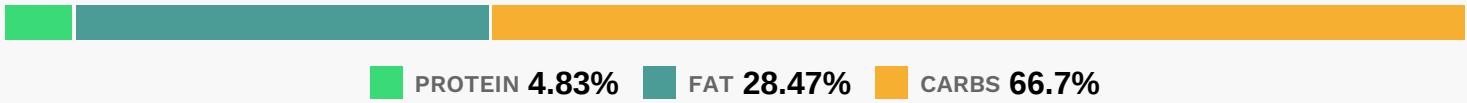
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Line a 12 cup muffin pan with paper baking cups.
- ☐ Whisk together the flour, baking powder, baking soda, and salt in a large bowl.
- ☐ Beat the butter and sugar with an electric mixer in a large bowl until fluffy, about 1 to 2 minutes.
- ☐ Add the egg and strawberry extract, continue beating. Beat in the milk and buttermilk, then beat in the jam. The batter should be pink.
- ☐ Stir in 1/3 of the flour mixture, mixing until just incorporated. Stir in 1/2 of the remaining flour and then add the remaining flour; mixing just enough to evenly combine.
- ☐ Pour the batter into prepared baking cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the cake comes clean, about 15 to 20 minutes. Cool before frosting.
- ☐ Beat the peanut butter and butter until smooth in a large bowl.

Mix in 2 cups of the confectioners' sugar, 1/4 cup at a time; then stir in 1/4 cup milk. Gradually add the remaining 2 cups of sugar. If the frosting is too dry add a tablespoon of milk. Frost the tops of the cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:21.81, Inflammation Score:-3, Nutrition Score:6.3865217125934%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg

Nutrients (% of daily need)

Calories: 441.02kcal (22.05%), Fat: 14.27g (21.95%), Saturated Fat: 6.39g (39.95%), Carbohydrates: 75.22g (25.07%), Net Carbohydrates: 74.05g (26.93%), Sugar: 56.26g (62.51%), Cholesterol: 37.55mg (12.52%), Sodium: 303.76mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Manganese: 0.29mg (14.66%), Selenium: 9.04µg (12.91%), Vitamin B3: 2.53mg (12.67%), Folate: 47µg (11.75%), Vitamin B1: 0.17mg (11.33%), Vitamin B2: 0.18mg (10.42%), Phosphorus: 94.03mg (9.4%), Vitamin E: 1.28mg (8.54%), Iron: 1.26mg (7.03%), Calcium: 63.18mg (6.32%), Magnesium: 25.23mg (6.31%), Vitamin A: 283.65IU (5.67%), Copper: 0.09mg (4.74%), Fiber: 1.17g (4.69%), Vitamin B6: 0.07mg (3.64%), Zinc: 0.54mg (3.57%), Potassium: 121.9mg (3.48%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.13µg (2.11%), Vitamin C: 1.49mg (1.8%), Vitamin D: 0.27µg (1.79%)