



Peanut Butter and Jelly Chocolates

 Gluten Free

READY IN



150 min.

SERVINGS



20

CALORIES



459 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 teaspoons apple pectin
- 1 cup plus
- 1 cup creamy peanut butter
- 1 pound chocolate dark
- 2 cups granulated sugar
- 2 tablespoons juice of lemon
- 1 pound chocolate melted
- 0.8 cup sieved strawberry purée

- 0.5 cup apple sauce unsweetened

Equipment

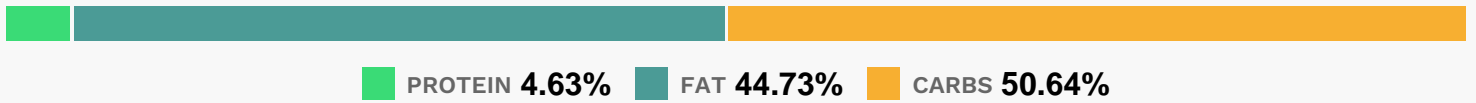
- bowl
- whisk
- pot
- spatula
- candy thermometer
- chocolate mold

Directions

- Special equipment: candy molds (any shape will do), candy thermometer
- Begin by filling candy molds with the tempered chocolate.
- Pour the chocolate over the molds, filling the cavities. Allow the mold to sit for 2 minutes. Turn the mold upside down over the bowl of chocolate so the excess chocolate can drip out. Smooth off the top of the chocolate mold with a flat spatula and set aside to set up.
- Place the strawberry puree, applesauce and 1/4 cup of the corn syrup in a heavy-bottomed 2-quart pot.
- Turn the heat to medium-low and warm up the puree. Meanwhile, mix 1/4 cup of the granulated sugar with the apple pectin. When the puree is warm, whisk in the sugar and pectin mixture.
- Whisk to combine. Turn up the heat to medium and bring the mixture to a boil.
- Add the remaining sugar and corn syrup. Cook, stirring continuously, until a candy thermometer inserted into the mixture reads 223 degrees F, 6 to 8 minutes.
- Remove from the heat and stir in the lemon juice.
- Place in a shallow bowl and allow the jam to cool completely.
- For the peanut butter cream: In a medium bowl, combine the melted milk chocolate and peanut butter. Stir until completely combined.
- When the jam is cool, vigorously whip by hand with a whisk.
- Put the jam into a disposable piping bag and snip off a small bit of the end. Fill one-quarter of the chocolate-lined molds with the jam mixture.

- Place the peanut butter cream in another disposable piping bag and snip off the end. Fill the rest of the molds with the peanut butter cream.
- Place into the refrigerator to set.
- Reheat the tempered dark chocolate. Once the peanut butter cream is set, remove from the refrigerator and cover the molds with chocolate, scraping away any excess. Return the molds to the refrigerator and let the chocolate set. Once it is set, pop the chocolates out of the molds and enjoy.
- Store in the refrigerator in a tightly covered container.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:24.11, Inflammation Score:-4, Nutrition Score:9.7821738402481%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.16mg, Pelargonidin: 2.16mg, Pelargonidin: 2.16mg, Pelargonidin: 2.16mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 458.81kcal (22.94%), Fat: 24.15g (37.16%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 56.93g (20.7%), Sugar: 52.61g (58.46%), Cholesterol: 0.68mg (0.23%), Sodium: 74.51mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 33.11mg (11.04%), Protein: 5.63g (11.26%), Manganese: 0.78mg (38.96%), Copper: 0.59mg (29.62%), Magnesium: 100.74mg (25.18%), Iron: 3.61mg (20.05%), Fiber: 4.6g (18.38%), Phosphorus: 149.49mg (14.95%), Vitamin B3: 2.15mg (10.74%), Zinc: 1.51mg (10.07%), Vitamin E: 1.41mg (9.37%), Potassium: 321.15mg (9.18%), Vitamin C: 5.78mg (7.01%), Vitamin B2: 0.1mg (6.16%), Selenium: 3µg (4.29%), Vitamin B6: 0.08mg (4.11%), Folate: 14.36µg (3.59%), Calcium: 32.49mg (3.25%), Vitamin K: 3.36µg (3.2%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.26mg (2.63%), Vitamin B12: 0.06µg (1.06%)