



## Peanut Butter and Jelly Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



295 kcal

DESSERT

### Ingredients

- 0.5 cup knudsen cream sour
- 16 oz ready-to-spread cream cheese frosting
- 1.3 cups creamy peanut butter divided
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup strawberry jelly
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

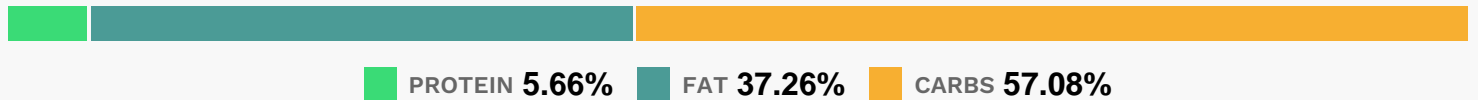
### Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package.
- Add dry pudding mix, 2/3 cup peanut butter and sour cream; mix well. Spoon into 24 paper-lined muffin cups.
- Bake 20 to 25 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Mix remaining peanut butter and frosting in medium bowl with whisk until blended. Stir in COOL WHIP; spread onto cupcakes. Top with jelly.

## Nutrition Facts



## Properties

Glycemic Index:2.88, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:4.7543478685877%

## Nutrients (% of daily need)

Calories: 294.68kcal (14.73%), Fat: 12.55g (19.31%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 42.22g (15.35%), Sugar: 30.36g (33.74%), Cholesterol: 2.89mg (0.96%), Sodium: 285.92mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Manganese: 0.26mg (12.87%), Phosphorus: 123.32mg (12.33%), Vitamin B3: 2.42mg (12.09%), Vitamin E: 1.55mg (10.31%), Folate: 28.14µg (7.03%), Magnesium: 27.74mg (6.93%), Calcium: 61.72mg (6.17%), Vitamin B2: 0.09mg (5.59%), Vitamin B1: 0.07mg (4.82%), Copper: 0.09mg (4.43%), Iron: 0.77mg (4.28%), Vitamin B6: 0.08mg (4.21%), Fiber: 1.05g (4.19%), Potassium: 112.98mg (3.23%), Zinc: 0.45mg (3%), Selenium: 1.76µg (2.51%), Vitamin B5: 0.25mg (2.48%)