



Peanut-Butter-and-Jelly Cups

READY IN



105 min.

SERVINGS



50

CALORIES



155 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 pounds bittersweet chocolate chopped
- ☐ 1 tablespoon plus light
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 0.7 cup raspberry jam seedless
- ☐ 50 servings maldon salt
- ☐ 0.8 cup smooth peanut butter
- ☐ 7.5 ounces chocolate white chopped
- ☐ 62.5 inch wide

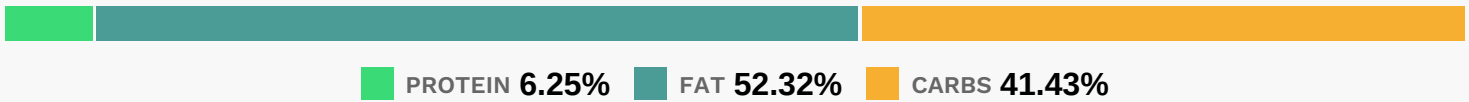
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, microwave the white chocolate in 20-second bursts until softened. In a small saucepan, bring the cream and corn syrup to a simmer; stir the cream mixture into the white chocolate. Stir in the peanut butter and salt.
- ☐ Transfer the filling to a piping bag fitted with a medium tip.
- ☐ Spoon the tempered chocolate into a piping bag fitted with a small tip. Line a baking sheet with parchment paper. Set half of the foil cups on the sheet and fill them with chocolate. Tilt the cups to coat them completely, then pour the excess chocolate into a bowl. Turn the coated cups upside down on the baking sheet and let stand for 30 seconds; turn the cups right side up and let stand until the chocolate is firm, about 10 minutes. Repeat to make the remaining chocolate cups.
- ☐ Half-fill the cups with the peanut butter. Spoon a rounded 1/2 teaspoon of jam over the filling. Pipe chocolate on top of the jam; tap gently to level the chocolate. Top with a few flakes of Maldon salt.
- ☐ Let stand until set, about 15 minutes. Store for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:3.6204347558644%

Nutrients (% of daily need)

Calories: 154.9kcal (7.74%), Fat: 9.13g (14.05%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 14.83g (5.39%), Sugar: 10.54g (11.71%), Cholesterol: 5.72mg (1.91%), Sodium: 264.8mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.7mg (3.9%), Protein: 2.45g (4.91%), Manganese: 0.27mg (13.35%), Copper: 0.2mg (10.15%), Magnesium: 33.12mg (8.28%), Phosphorus: 65.19mg (6.52%), Selenium: 4.13µg (5.89%), Fiber: 1.44g (5.75%), Iron: 1.02mg (5.68%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.73mg (3.65%), Potassium: 123.57mg (3.53%), Vitamin E: 0.5mg (3.35%), Calcium: 21.8mg (2.18%), Vitamin B2: 0.03mg (2.03%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.41%), Vitamin K: 1.43µg (1.36%), Vitamin B1: 0.02mg (1.27%), Folate: 5.09µg (1.27%)