



Peanut Butter Cup Brownies

 Popular

READY IN



120 min.

SERVINGS



48

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 0.7 cup butter melted
- ☐ 0.3 cup water
- ☐ 1 eggs
- ☐ 1 pouch peanut butter sandwich cookie crumbs
- ☐ 0.5 cup creamy peanut butter
- ☐ 3 tablespoons vegetable oil

☐ 1.5 cups milk chocolate chips cooled melted

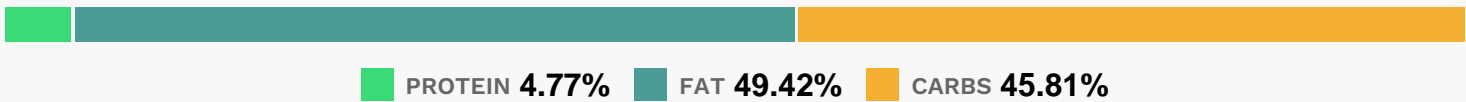
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut about 1/2 inch off around top of each of 48 regular-size foil baking cups.
- ☐ Place cup in each of 48 regular-size muffin cups.
- ☐ In large bowl, stir together Brownie
- ☐ Mixture ingredients until well blended. In another large bowl, stir together Cookie Filling ingredients until dough forms. Spoon and spread 1 measuring teaspoon brownie mixture evenly into bottom of each foil cup. Shape 1 measuring teaspoon cookie filling into a ball; flatten into 1-inch circle.
- ☐ Place on top of brownie mixture in each foil cup. Spoon and spread 1 measuring teaspoon brownie mixture over cookie filling in each cup.
- ☐ Bake 11 to 13 minutes or until toothpick inserted into edge comes out clean. Spoon generous teaspoon melted chocolate on top of each, spreading chocolate to edge of foil cup.
- ☐ Remove cups from pan. Refrigerate 30 minutes to set chocolate.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.1491304457836%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 167.45kcal (8.37%), Fat: 9.46g (14.56%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 19.12g (6.95%), Sugar: 12.84g (14.26%), Cholesterol: 10.19mg (3.4%), Sodium: 149.14mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Iron: 0.54mg (2.99%), Vitamin E: 0.4mg (2.65%), Manganese: 0.05mg (2.58%), Fiber: 0.61g (2.45%), Vitamin B3: 0.37mg (1.83%), Vitamin K: 1.8µg (1.72%), Vitamin A: 83.74IU (1.67%), Magnesium: 6.29mg (1.57%), Phosphorus: 13.98mg (1.4%), Copper: 0.02mg (1.2%), Potassium: 38mg (1.09%)