



Peanut Butter Cup Chocolate Cupcakes with Toasted Peanut Butter Meringue Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 eggs
- ☐ 4 egg whites
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 tablespoon peanut butter

- ☐ 14 peanut butter cup candies miniature
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water boiling
- ☐ 1 cup sugar white

Equipment

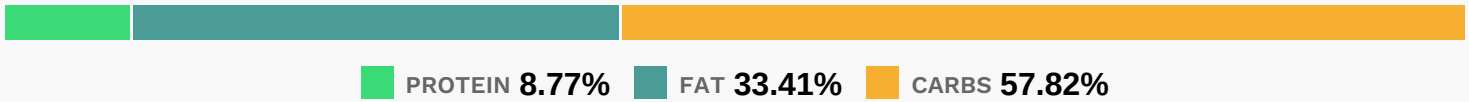
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ broiler
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Line 14 muffin cups with paper muffin liners.
- ☐ Whisk flour, 1 cup sugar, cocoa powder, baking powder, baking soda, and salt together in a large bowl.
- ☐ Add milk, vegetable oil, 1 egg, and vanilla extract; mix using an electric mixer on low speed until just combined. Increase speed to medium and mix well.
- ☐ Reduce mixer speed to low and slowly pour boiling water into flour mixture. Increase speed to medium and beat for 1 minute.

- ☐ Fill each muffin cup halfway and place a peanut butter cup in the center of each.
- ☐ Bake in preheated oven until golden and tops spring back when lightly pressed, about 20 minutes.
- ☐ Remove from oven and cool in pan for 5 to 10 minutes. Cool completely on a cooling rack before frosting.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Whisk egg whites and sugar together in a bowl until just combined.
- ☐ Pour egg mixture into a small saucepan and heat over medium heat until sugar is dissolved. Return egg mixture to bowl.
- ☐ Whisk egg mixture on high speed until stiff peaks form.
- ☐ Place peanut butter in a microwave-safe bowl.
- ☐ Heat on high at 15-second intervals, stirring in between, until peanut butter is thin and creamy. Gently fold melted peanut butter into egg whites.
- ☐ Transfer peanut butter frosting to a piping bag.
- ☐ Pipe frosting onto cooled cupcakes.
- ☐ Toast cupcakes under preheated broiler until lightly browned, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:15.18, Inflammation Score:-2, Nutrition Score:4.3095652227816%

Flavonoids

Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 156.45kcal (7.82%), Fat: 6.13g (9.44%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 22.41g (8.15%), Sugar: 15.07g (16.74%), Cholesterol: 12.74mg (4.25%), Sodium: 185.02mg (8.04%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Caffeine: 7.06mg (2.35%), Protein: 3.62g (7.25%), Manganese: 0.21mg (10.67%), Selenium: 6.49µg (9.26%), Copper: 0.15mg (7.26%), Vitamin B2: 0.12mg (7.2%), Vitamin K: 7.3µg (6.96%), Phosphorus: 62.03mg (6.2%), Fiber: 1.48g (5.92%), Magnesium: 23.46mg (5.86%), Vitamin B1: 0.08mg

(5.46%), Iron: 0.98mg (5.45%), Folate: 20.99µg (5.25%), Vitamin B3: 0.9mg (4.5%), Vitamin E: 0.56mg (3.73%), Calcium: 36.65mg (3.67%), Potassium: 100.28mg (2.87%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.17mg (1.67%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.16µg (1.06%)