



## Peanut Butter Cupcakes

READY IN



22 min.

SERVINGS



24

CALORIES



235 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 2 cups brown sugar
- 2 teaspoons cream of tartar
- 2 eggs
- 2.5 cups flour all-purpose
- 1.5 cups milk
- 1 cup peanut butter
- 1 pinch salt
- 0.5 cup shortening

1 teaspoon vanilla extract

## Equipment

bowl

frying pan

oven

wire rack

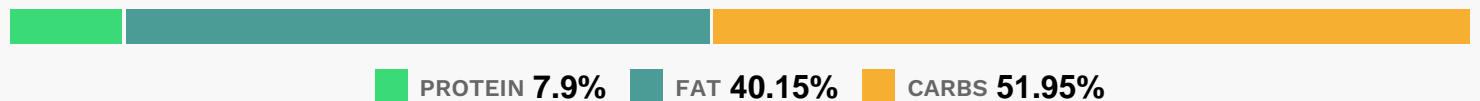
muffin liners

muffin tray

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Line a cupcake pan with paper liners, or grease and flour cups.
- In a large bowl, mix together the brown sugar, shortening and peanut butter until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla.
- Combine the flour, cream of tartar, baking soda and salt; stir into the batter alternately with the milk. Spoon into the prepared muffin cups.
- Bake for 15 to 20 minutes in the preheated oven, until the top of the cupcakes spring back when lightly pressed. Cool in the pan for at least 10 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.29, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:5.1873912344808%

## Nutrients (% of daily need)

Calories: 234.51kcal (11.73%), Fat: 10.73g (16.51%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 30.36g (11.04%), Sugar: 19.72g (21.91%), Cholesterol: 15.47mg (5.16%), Sodium: 110.04mg (4.78%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 4.75g (9.5%), Manganese: 0.26mg (13.03%), Vitamin B3: 2.24mg (11.19%), Selenium: 6.49µg (9.27%), Folate: 34.98µg (8.74%), Vitamin E: 1.3mg (8.63%), Vitamin

B1: 0.13mg (8.53%), Phosphorus: 73.92mg (7.39%), Vitamin B2: 0.12mg (7.22%), Magnesium: 24.98mg (6.24%), Iron: 1mg (5.54%), Potassium: 168.38mg (4.81%), Calcium: 43.33mg (4.33%), Vitamin B6: 0.08mg (3.83%), Copper: 0.08mg (3.8%), Fiber: 0.87g (3.47%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.48mg (3.21%), Vitamin K: 2.4µg (2.29%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.24µg (1.61%)