



Peanut Butter Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 cup brown sugar light packed
- ☐ 4 ounces chocolate finely chopped
- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup creamy peanut butter

- ☐ 0.3 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 0.7 cup milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together flour, baking powder, and salt in a bowl.
- ☐ Beat together peanut butter, butter, and brown sugar in a large bowl with an electric mixer at medium speed until blended, about 2 minutes.
- ☐ Add egg and vanilla and beat until fluffy, about 1 minute. Reduce speed to low and add flour mixture and milk alternately in batches, beginning and ending with flour mixture, then mix until just combined.
- ☐ Divide batter among lined muffin cups (about two-thirds full) and bake in middle of oven until pale golden and a tester inserted in center of a cupcake comes out clean, 18 to 20 minutes. Turn cupcakes out onto a rack and cool completely.
- ☐ Bring cream to a boil in a small saucepan, then pour over chocolate in a small bowl.
- ☐ Let stand 1 minute, then whisk until smooth.
- ☐ To thicken icing to spreading consistency quickly, spread it on a metal baking sheet and chill until thick and glossy, about 5 minutes. Scrape icing back into bowl and stir until smooth.
- ☐ Spread icing on cupcakes and sprinkle with peanuts.

Nutrition Facts



PROTEIN 8.49% **FAT 53.46%** **CARBS 38.05%**

Properties

Glycemic Index:22.99, Glycemic Load:10.07, Inflammation Score:-4, Nutrition Score:7.3260869586273%

Nutrients (% of daily need)

Calories: 288.66kcal (14.43%), Fat: 17.92g (27.56%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 26.91g (9.79%), Sugar: 15.8g (17.56%), Cholesterol: 34.76mg (11.59%), Sodium: 166.18mg (7.23%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.24mg (2.08%), Protein: 6.4g (12.8%), Manganese: 0.41mg (20.43%), Vitamin B3: 2.94mg (14.71%), Phosphorus: 118.37mg (11.84%), Folate: 45.55µg (11.39%), Magnesium: 43mg (10.75%), Vitamin B1: 0.16mg (10.48%), Selenium: 7.3µg (10.44%), Vitamin B2: 0.17mg (9.7%), Vitamin E: 1.23mg (8.22%), Copper: 0.16mg (8.19%), Iron: 1.41mg (7.84%), Calcium: 75.33mg (7.53%), Fiber: 1.77g (7.09%), Vitamin A: 259.83IU (5.2%), Potassium: 178.19mg (5.09%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.09mg (4.66%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.13µg (2.15%), Vitamin K: 1.26µg (1.2%)