

## Peanut Butter Cupcakes with Chocolate Frosting







DESSERT

## Ingredients

Ш	1 box cake mix yellow
	1.3 cups water
	0.3 cup vegetable oil
	3 eggs
	0.8 cup creamy peanut butter
	16 oz chocolate frosting
	0.3 cup creamy peanut butter

0.3 cup peanuts chopped

Eq	<b>Juipment</b>
	bowl
	frying pan
	oven
	wire rack
	hand mixer
	toothpicks
	muffin liners
Di	rections
	Heat oven to 350°F (325°F for dark or nonstick pans).
	Place paper baking cup in each of 24 regular-size muffin cups.
	In large bowl, beat cake mix, water, oil, eggs and 3/4 cup peanut butter with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups (about two-thirds full).
	Bake 18 to 23 minutes or until toothpick inserted in center comes out clean.
	Remove from pan to cooling rack. Cool completely, about 30 minutes.
	In medium bowl, stir together frosting and 1/4 cup peanut butter. Frost cupcakes with frosting mixture.
	Sprinkle with peanuts; press lightly into frosting.
	Nutrition Facts
	PROTEIN 6.95% FAT 44.49% CARBS 48.56%

## **Properties**

Glycemic Index:1.76, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:5.4939130285512%

## Nutrients (% of daily need)

Calories: 257.98kcal (12.9%), Fat: 13.22g (20.34%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 31.32g (11.39%), Sugar: 21.38g (23.76%), Cholesterol: 20.46mg (6.82%), Sodium: 246.4mg

(10.71%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.65g (9.29%), Manganese: 0.3mg (14.96%), Phosphorus: 136.91mg (13.69%), Vitamin E: 1.72mg (11.44%), Vitamin B3: 2.28mg (11.39%), Folate: 31.53μg (7.88%), Magnesium: 28.89mg (7.22%), Copper: 0.12mg (6.13%), Iron: 1.08mg (5.99%), Vitamin B2: 0.1mg (5.96%), Calcium: 57.83mg (5.78%), Vitamin B1: 0.08mg (5.53%), Vitamin K: 4.85μg (4.62%), Fiber: 1.14g (4.55%), Selenium: 3.07μg (4.39%), Vitamin B6: 0.08mg (4.08%), Potassium: 130.47mg (3.73%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.07μg (1.17%)