



Peanut Butter Cups

 Dairy Free

READY IN



120 min.

SERVINGS



20

CALORIES



149 kcal

DESSERT

Ingredients

- 2 full sheets graham crackers
- 2 tablespoons honey
- 0.5 cup peanut butter
- 0.3 teaspoon salt
- 12 ounces bittersweet chocolate chopped

Equipment

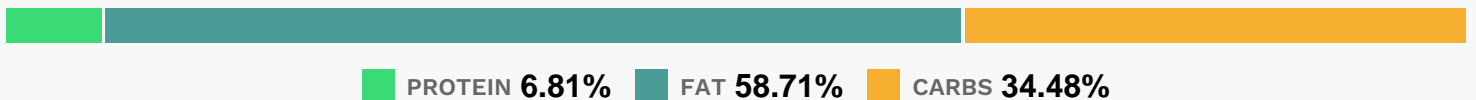
- food processor
- bowl

- frying pan
- plastic wrap
- muffin tray

Directions

- Line a 12-cup mini-muffin pan with small paper cups. Process crackers and salt in a food processor until ground.
- Transfer to a bowl; stir in peanut butter and honey. Chill for 10 minutes.
- Line a plate with plastic wrap. Divide peanut butter mixture into 12 1-Tbsp. balls. Flatten slightly.
- Place on plate; cover with plastic wrap and chill.
- Place chocolate in a bowl set over a pan of simmering water. Stir until chocolate is smooth.
- Remove from heat; let cool slightly.
- Spoon 1 tsp. chocolate into each cup.
- Spread over bottoms and halfway up sides of paper. Chill until hardened, about 30 minutes. (Keep remaining chocolate at room temperature.) Press a peanut butter disk into each shell.
- Spoon 1 Tbsp. chocolate over disk.
- Spread over top. Chill until firm, about 1 hour. Keep refrigerated until ready to serve.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:3.9304347994697%

Nutrients (% of daily need)

Calories: 149.31kcal (7.47%), Fat: 9.95g (15.31%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 11.43g (4.16%), Sugar: 8.97g (9.96%), Cholesterol: 1.02mg (0.34%), Sodium: 67.75mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 2.6g (5.19%), Manganese: 0.32mg (16.08%), Copper: 0.24mg (12.03%), Magnesium: 41.71mg (10.43%), Iron: 1.25mg (6.96%), Phosphorus: 69mg (6.9%), Fiber: 1.72g (6.89%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.69mg (4.59%), Zinc: 0.65mg (4.31%), Potassium: 136.4mg (3.9%), Selenium: 1.71µg (2.44%), Vitamin B6: 0.04mg (1.82%), Folate: 6.23µg (1.56%), Calcium: 14.96mg

(1.5%), Vitamin B2: 0.02mg (1.46%), Vitamin B5: 0.12mg (1.21%), Vitamin K: 1.24µg (1.18%), Vitamin B1: 0.02mg (1.17%)