



## Peanut Butter Cups



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



105 kcal

DESSERT

### Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup creamy peanut butter
- ☐ 4.5 cups powdered sugar sifted
- ☐ 32 ounce bittersweet chocolate
- ☐ 2 tablespoons water

### Equipment

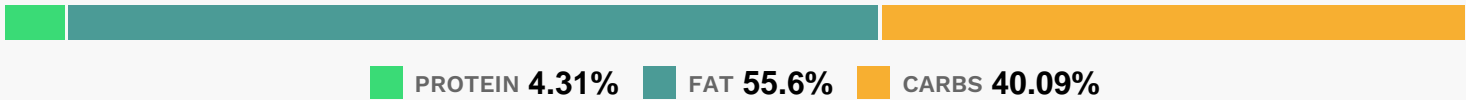
- ☐ baking sheet
- ☐ mixing bowl

☐ double boiler

Directions

- ☐ Cream butter in a large mixing bowl; gradually add sugar, beating well. Stir in peanut butter and water. Shape mixture into 1/2-inch balls.
- ☐ Place on waxed paper-lined baking sheets; set aside.
- ☐ Place chocolate in top of a double boiler; cook over simmering water, until chocolate melts, stirring well.
- ☐ Fill paper candy liners one third full with melted chocolate. Press a peanut butter ball in the center of each liner. Cover top of peanut butter with remaining melted chocolate.
- ☐ Let cool. Store in airtight containers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.14, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.9782608518296%

Nutrients (% of daily need)

Calories: 105.26kcal (5.26%), Fat: 6.62g (10.19%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 9.89g (3.6%), Sugar: 8.88g (9.87%), Cholesterol: 0.54mg (0.18%), Sodium: 33.5mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.8mg (2.6%), Protein: 1.16g (2.31%), Manganese: 0.16mg (7.91%), Copper: 0.12mg (6.22%), Magnesium: 20.4mg (5.1%), Iron: 0.62mg (3.45%), Fiber: 0.85g (3.4%), Phosphorus: 32.86mg (3.29%), Vitamin E: 0.36mg (2.39%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.31mg (2.04%), Potassium: 67.05mg (1.92%), Vitamin A: 85.73IU (1.71%), Selenium: 0.9µg (1.29%)