



Peanut Butter-Fudge Cups

READY IN



45 min.

SERVINGS



24

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1.5 tablespoons plus
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons milk 1% low-fat

- ☐ 0.3 cup chunky peanut butter
- ☐ 2 teaspoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons semi chocolate chips
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 3 tablespoons water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

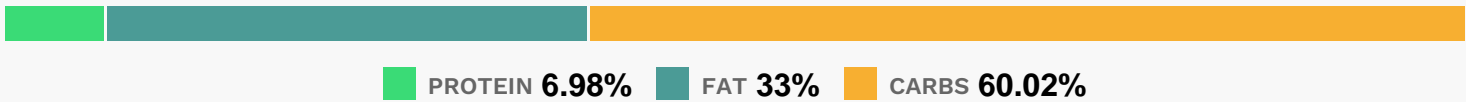
Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place first 4 ingredients in a large bowl; beat with a mixer at medium speed until smooth. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Add flour and salt to peanut butter mixture; cut in flour with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with cold water, 1 tablespoon at a time; toss with a fork until combined.
- ☐ Shape mixture into 24 balls.
- ☐ Place 1 ball in each of 24 miniature muffin cups coated with cooking spray. Press dough into bottoms and up sides of muffin cups.
- ☐ To prepare filling, combine 2/3 cup brown sugar and the next 4 ingredients (2/3 cup brown sugar through milk) in a small saucepan over medium-low heat. Cook 3 to 4 minutes or until

smooth, stirring frequently.

- ☐ Remove from heat; stir in 2 tablespoons flour and egg until well blended. Divide chocolate mixture evenly among muffin cups.
- ☐ Bake at 350 for 10 minutes or until the pastry is lightly browned; cool in pan on a wire rack 5 minutes. Run a knife around outside edges of cups.
- ☐ Remove cups from pan; cool completely on wire rack.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:11.79, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:2.1156521808842%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.26kcal (4.76%), Fat: 3.6g (5.55%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.21g (5.17%), Sugar: 9.47g (10.52%), Cholesterol: 11.68mg (3.89%), Sodium: 41.99mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Manganese: 0.12mg (5.86%), Selenium: 3.05µg (4.36%), Vitamin B3: 0.73mg (3.67%), Folate: 14.26µg (3.57%), Vitamin B1: 0.05mg (3.54%), Iron: 0.55mg (3.03%), Phosphorus: 28.5mg (2.85%), Vitamin B2: 0.05mg (2.84%), Magnesium: 11.33mg (2.83%), Copper: 0.06mg (2.82%), Fiber: 0.54g (2.16%), Vitamin E: 0.32mg (2.13%), Potassium: 51.24mg (1.46%), Zinc: 0.22mg (1.44%), Calcium: 14.01mg (1.4%), Vitamin A: 59.28IU (1.19%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.1%)