



 **69%**  
HEALTH SCORE

## Peanut Butter-Jam Surprise Cupcakes

 Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



5672 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.8 cup butter softened
- 1 cup buttermilk
- 1 serving confectioners sugar
- 1 cup creamy peanut butter
- 3 large eggs
- 2 cups flour all-purpose
- 2 cups domino granulated sugar

- 1 serving jam
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

## Equipment

- oven
- hand mixer

## Directions

- Beat butter at medium speed with an electric mixer until creamy. Gradually add granulated sugar, beating until light and fluffy.
- Add eggs, 1 at a time, beating after each addition.
- Add peanut butter, beating until smooth.
- Combine flour, baking soda, and salt; add to peanut butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla extract.
- Spoon 2 Tbsp. batter into each of 24 paper baking cups in muffin pans. Dollop 1 rounded tsp. of your favorite flavor jam in center of batter in each cup. Top evenly with remaining batter (about 2 Tbsp. in each cup), covering jam.
- Bake at 375 for 18 to 20 minutes or until golden brown.
- Let cool in pans on wire racks 5 minutes.
- Remove from pans, and cool on wire racks. Dust with confectioners sugar.
- Serve warm or at room temperature.

## Nutrition Facts



**PROTEIN 7.67%** **FAT 45.61%** **CARBS 46.72%**

## Properties

Glycemic Index:295.09, Glycemic Load:434.72, Inflammation Score:-10, Nutrition Score:74.573912952257%

## Nutrients (% of daily need)

Calories: 5672.49kcal (283.62%), Fat: 295.87g (455.18%), Saturated Fat: 123.21g (770.07%), Carbohydrates: 681.87g (227.29%), Net Carbohydrates: 662.52g (240.92%), Sugar: 457.36g (508.18%), Cholesterol: 950.44mg (316.81%), Sodium: 4939.59mg (214.76%), Alcohol: 1.38g (100%), Alcohol %: 0.12% (100%), Protein: 112g (224.01%), Manganese: 5.58mg (278.77%), Vitamin B3: 49.5mg (247.49%), Selenium: 154.82µg (221.17%), Vitamin E: 29.37mg (195.8%), Folate: 769.19µg (192.3%), Vitamin B2: 2.98mg (175.32%), Phosphorus: 1690.52mg (169.05%), Vitamin B1: 2.5mg (166.9%), Magnesium: 537.73mg (134.43%), Vitamin A: 5460.55IU (109.21%), Iron: 19.11mg (106.18%), Copper: 1.66mg (83.2%), Vitamin B6: 1.61mg (80.35%), Fiber: 19.35g (77.42%), Zinc: 11.36mg (75.76%), Vitamin B5: 7.23mg (72.34%), Potassium: 2324.2mg (66.41%), Calcium: 574.02mg (57.4%), Vitamin B12: 2.73µg (45.47%), Vitamin D: 6.12µg (40.8%), Vitamin K: 14.61µg (13.92%), Vitamin C: 1.76mg (2.13%)