



## Peanut Butter Treat Cups

READY IN



250 min.

SERVINGS



10

CALORIES



222 kcal

### Ingredients

- 2 Tbsp butter melted
- 0.5 cup crunchy peanut butter
- 0.5 cup graham cracker crumbs
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1 cup milk
- 0.3 cup strawberry preserves
- 2 cups cool whip whipped topping divided thawed

### Equipment

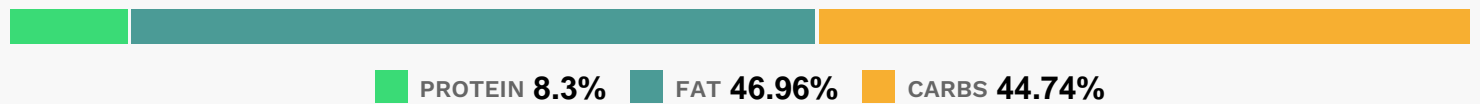
- bowl

- whisk
- muffin liners

## Directions

- Mix crumbs and butter. Press about 1 Tbsp. of the crumb mixture into each of 12 paper-lined muffin cups; top each with 1 Tbsp. of the whipped topping.
- Beat milk and peanut butter with wire whisk in medium bowl until well blended.
- Add dry pudding mix; beat 2 minutes or until well blended. Gently stir in remaining 1-1/4 cups whipped topping. Spoon evenly into cups. Top each with 1 tsp. preserves.
- Freeze 4 hours or until firm. Peel off paper just before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.7, Glycemic Load:5.87, Inflammation Score:-2, Nutrition Score:4.3408695925837%

## Nutrients (% of daily need)

Calories: 222.18kcal (11.11%), Fat: 11.91g (18.32%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 24.19g (8.8%), Sugar: 18.5g (20.56%), Cholesterol: 3.23mg (1.08%), Sodium: 200.53mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Manganese: 0.24mg (11.87%), Vitamin B3: 1.97mg (9.85%), Phosphorus: 87.83mg (8.78%), Magnesium: 27.52mg (6.88%), Vitamin E: 1mg (6.65%), Fiber: 1.33g (5.3%), Calcium: 52.81mg (5.28%), Vitamin B2: 0.08mg (4.72%), Potassium: 164.93mg (4.71%), Copper: 0.09mg (4.4%), Vitamin B6: 0.08mg (3.9%), Folate: 15.21µg (3.8%), Zinc: 0.56mg (3.76%), Selenium: 2.14µg (3.05%), Vitamin A: 150.78IU (3.02%), Vitamin B1: 0.04mg (2.77%), Vitamin B12: 0.16µg (2.74%), Iron: 0.48mg (2.68%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.27µg (1.79%)