



Blueberry-Lemon Whoopie Pies

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



550 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup blueberries
- ☐ 1.5 cups confectioners' sugar
- ☐ 4 ounces cream cheese at room temperature
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup granulated sugar

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt fine
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted softened
- ☐ 5 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

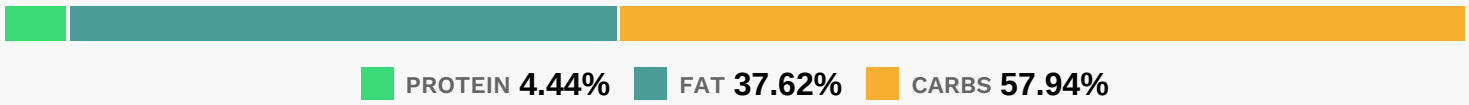
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Whisk the flour, baking powder, salt and baking soda in a medium bowl. Beat the butter, sugar and vanilla on medium-high speed in a stand mixer fitted with the paddle attachment until light and fluffy, about 5 minutes. Beat in the egg until combined, scraping down the bowl. Reduce the mixer speed to low and beat in the flour mixture and milk in 3 alternating batches. Fold in the blueberries with a rubber spatula.
- ☐ Line 2 baking sheets with parchment paper; coat with cooking spray. Arrange mounds of batter, about 2 tablespoons each, 2 inches apart; smooth the tops with a damp finger. Chill until firm, 30 minutes.
- ☐ Bake the cookies until lightly golden, rotating the pans halfway through, 10 to 12 minutes.

- ☐ Let cool on the pans for 5 minutes, then transfer to a rack to cool completely.
- ☐ Make the filling: Beat the cream cheese, butter, lemon zest and juice, vanilla and salt with a mixer on medium speed until smooth. Beat in the confectioners' sugar on low speed until combined.
- ☐ Spread 2 tablespoons of filling on the flat side of 6 cookies and sandwich with the remaining cookies.
- ☐ Serve immediately or refrigerate, covered, overnight.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:34.27, Inflammation Score:-6, Nutrition Score:8.1995652551236%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 550.35kcal (27.52%), Fat: 23.31g (35.87%), Saturated Fat: 13.97g (87.34%), Carbohydrates: 80.79g (26.93%), Net Carbohydrates: 79.46g (28.9%), Sugar: 55.05g (61.17%), Cholesterol: 91.85mg (30.62%), Sodium: 361.33mg (15.71%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 6.2g (12.39%), Selenium: 15.56µg (22.23%), Vitamin B1: 0.27mg (17.95%), Vitamin B2: 0.28mg (16.48%), Folate: 65.02µg (16.25%), Vitamin A: 797.57IU (15.95%), Manganese: 0.29mg (14.31%), Vitamin B3: 1.98mg (9.88%), Phosphorus: 98.47mg (9.85%), Iron: 1.75mg (9.7%), Calcium: 70.89mg (7.09%), Vitamin E: 0.82mg (5.46%), Fiber: 1.33g (5.32%), Vitamin K: 5.43µg (5.17%), Vitamin B5: 0.47mg (4.71%), Vitamin D: 0.6µg (3.97%), Vitamin C: 3.19mg (3.87%), Vitamin B12: 0.22µg (3.68%),

Copper: 0.07mg (3.67%), Zinc: 0.53mg (3.54%), Potassium: 114.68mg (3.28%), Magnesium: 13.1mg (3.28%), Vitamin B6: 0.06mg (2.95%)