



Carrot Cake Whoopie Pies

READY IN



51 min.

SERVINGS



51

CALORIES



87 kcal

DESSERT

Ingredients

- 2 cups carrots shredded
- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant divided
- 1.3 cups milk
- 0.5 cup planters pecans chopped
- 1 pkg spice cake mix (2-layer size)

Equipment

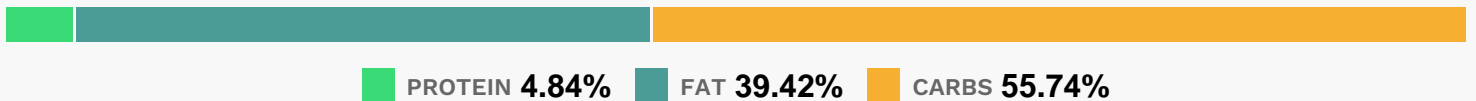
- bowl

- baking sheet
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package, except reduce water to 1/3 cup. Stir in 1 pkg. dry pudding mix and carrots. Drop 1 rounded Tbsp. batter, 2 inches apart, into 44 mounds on baking sheets sprayed with cooking spray; sprinkle half with nuts.
- Bake 14 to 16 min. or until toothpick inserted in centers comes out almost clean. Cool on baking sheets 2 min.
- Remove to wire racks; cool completely.
- Beat cream cheese and milk in medium bowl with mixer until blended.
- Add remaining dry pudding mix package; mix well.
- Spread rounded 1 Tbsp. filling onto bottom side of each plain cookie; cover with nut-topped cookie.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:2.4630434759285%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.54kcal (4.33%), Fat: 3.85g (5.92%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.81g (4.29%), Sugar: 8.46g (9.4%), Cholesterol: 5.21mg (1.74%), Sodium: 110.3mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin A: 908.83IU (18.18%), Manganese: 0.11mg (5.41%), Phosphorus: 38.23mg (3.82%), Vitamin B1: 0.05mg (3.24%), Iron: 0.52mg (2.91%), Vitamin B2: 0.05mg (2.79%), Calcium: 23.72mg (2.37%), Copper: 0.04mg (2.02%), Potassium: 70.21mg (2.01%), Fiber: 0.43g (1.71%), Folate: 6.74µg (1.68%), Vitamin B3: 0.33mg (1.65%), Vitamin K: 1.46µg (1.39%), Magnesium: 5.02mg (1.26%), Selenium: 0.78µg (1.12%)