



Carrot Cake Whoopie Pies

 Vegetarian

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READY IN

ready

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55 min.

SERVINGS

servings

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12

CALORIES

calories

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537 kcal

DESSERT

Ingredients

- ☐ 1 carrots grated
- ☐ 2 cups confectioners' sugar
- ☐ 1 pound cream cheese
- ☐ 3 eggs
- ☐ 0.5 cup raisins
- ☐ 1 stick butter unsalted softened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts finely chopped

- ☐ 18 ounce carrot cake mix

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl beat the carrot cake mix, butter, and eggs until incorporated. Stir in the grated carrot, and raisins. Refrigerate for at least 30 minutes or up to 2 hours. Using a small ice-cream scoop drop the batter by 2 tablespoon mounds onto parchment lined cookie sheets.
- ☐ Bake until golden brown, about 10 to 12 minutes, rotating the pans halfway through.
- ☐ Remove and cool 5 minutes on the pan before moving to a wire rack and cooling completely.
- ☐ In a mixing bowl beat together the cream cheese, butter, confectioners' sugar, and vanilla with a hand mixer until well combined and light and fluffy.
- ☐ To assemble the whoopie pies, put the filling into a resealable bag and snip the corner to make a 1/2-inch opening.
- ☐ Put the chopped walnuts into a shallow dish or pie plate. Flip over 1 carrot cake cookie and pipe a dollop of frosting into the center. Top with another cookie and press gently to spread the frosting to the edges.
- ☐ Roll the edges of the whoopie pie into the chopped walnuts and set aside. Repeat with the remaining cookies and frosting. Arrange the pies on a serving platter and serve.

Nutrition Facts



 PROTEIN **5.26%**  FAT **48.59%**  CARBS **46.15%**

Properties

Glycemic Index:12.72, Glycemic Load:3.41, Inflammation Score:-8, Nutrition Score:10.020000030165%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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: 537.19kcal (26.86%), Fat: 29.66g (45.63%), Saturated Fat: 14.26g (89.11%), Carbohydrates: 63.37g (21.12%), Net Carbohydrates: 61.69g (22.43%), Sugar: 39.5g (43.89%), Cholesterol: 99.34mg (33.11%), Sodium: 435.89mg (18.95%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 7.22g (14.45%), Vitamin A: 1653.54IU (33.07%), Phosphorus: 247.88mg (24.79%), Manganese: 0.45mg (22.67%), Selenium: 11.02µg (15.74%), Vitamin B2: 0.27mg (15.63%), Calcium: 151.41mg (15.14%), Folate: 49.32µg (12.33%), Copper: 0.23mg (11.41%), Vitamin B1: 0.15mg (9.95%), Iron: 1.53mg (8.52%), Vitamin E: 1.13mg (7.54%), Magnesium: 27.5mg (6.87%), Fiber: 1.67g (6.7%), Vitamin B3: 1.29mg (6.45%), Vitamin B6: 0.12mg (6.15%), Vitamin B5: 0.59mg (5.92%), Potassium: 204.19mg (5.83%), Zinc: 0.86mg (5.75%), Vitamin K: 3.57µg (3.4%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.36µg (2.41%)