



Carrot Cake Whoopie Pies

 Vegetarian

READY IN



105 min.

SERVINGS



15

CALORIES



487 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 0.5 cup butter softened

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 eggs
- ☐ 2 teaspoons vanilla
- ☐ 1.5 cups carrots grated
- ☐ 0.5 cup coconut sweetened flaked
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup maple syrup
- ☐ 1 teaspoon vanilla
- ☐ 2 cups powdered sugar
- ☐ 0.5 cup pecans shredded finely chopped

Equipment

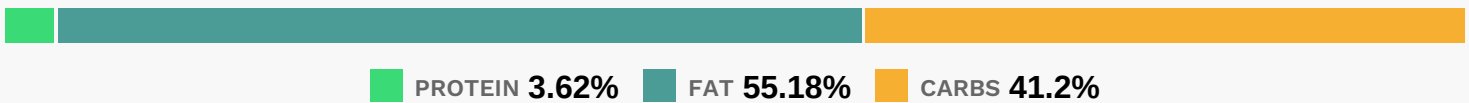
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ ice cream scoop

Directions

- ☐ Heat oven to 350°F. Line cookie sheets with parchment paper. In small bowl, stir together flour, baking soda, baking powder, cinnamon, ginger, salt and nutmeg; set aside.
- ☐ In large bowl, beat 1/2 cup butter, the granulated sugar and brown sugar with electric mixer on medium speed about 5 minutes or until light and fluffy. Beat in eggs, one at a time, scraping bowl after each addition. Beat in 2 teaspoons vanilla.
- ☐ Add carrots, coconut and pecans; beat on low speed until combined.

- ☐ Using ice cream scoop, drop batter onto cookie sheets at least 2 inches apart to make 30 cookies.
- ☐ Bake 12 minutes or until cookies are set; do not overbake. Cool 5 minutes.
- ☐ Remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- ☐ To make filling, in small bowl, beat 1 cup butter and the cream cheese with electric mixer on medium speed about 5 minutes or until light and fluffy. Beat in syrup and 1 teaspoon vanilla. Slowly add powdered sugar, beating until filling is smooth.
- ☐ To make whoopie pies, sandwich filling between 2 cookies. To garnish, roll whoopie pies in pecans or coconut. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:36.16, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:9.7226086699444%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 486.95kcal (24.35%), Fat: 30.44g (46.83%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 51.14g (17.05%), Net Carbohydrates: 49.25g (17.91%), Sugar: 35.34g (39.27%), Cholesterol: 85.9mg (28.63%), Sodium: 437.29mg (19.01%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 4.49g (8.98%), Vitamin A: 2944.95IU (58.9%), Manganese: 0.69mg (34.51%), Selenium: 10.03µg (14.33%), Vitamin B2: 0.24mg (14.26%), Vitamin B1: 0.2mg (13.24%), Folate: 39.56µg (9.89%), Phosphorus: 85.32mg (8.53%), Fiber: 1.89g (7.56%), Iron: 1.3mg (7.24%), Copper: 0.14mg (6.99%), Calcium: 65.1mg (6.51%), Vitamin B3: 1.27mg (6.37%), Vitamin E: 0.92mg (6.12%), Magnesium: 20.4mg (5.1%), Zinc: 0.72mg (4.8%), Potassium: 158.42mg (4.53%), Vitamin B5: 0.39mg (3.87%), Vitamin K: 3.96µg (3.77%), Vitamin B6: 0.06mg (3.23%), Vitamin B12: 0.12µg (2.07%), Vitamin C: 0.84mg (1.02%)