



Chocolate Mint Whoopie Pies

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



120 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter softened
- 3 tablespoons canola oil
- 1.3 cups powdered sugar
- 1 eggs
- 4 teaspoons skim milk fat-free
- 1 cup flour all-purpose

- 4 drops drop natural food coloring green
- 0.1 teaspoon peppermint extract
- 0.3 teaspoon salt
- 0.5 cup sugar

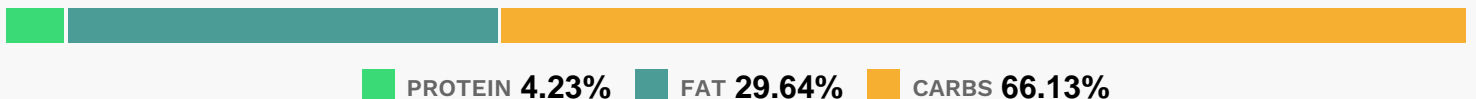
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, beat sugar and oil until crumbly.
- Add egg; beat for 1 minute.
- Combine the flour, cocoa, baking soda and salt. Gradually beat into sugar mixture.
- Add milk and mix well. (Dough will be sticky.) With lightly floured hands, roll dough into 3/4-in. balls.
- Place 2 in. apart on baking sheets coated with cooking spray.
- Flatten slightly with a glass coated with cooking spray.
- Bake at 400° for 4-5 minutes or until edges are set and tops are cracked. Cool for 2 minutes before removing to wire racks to cool.
- In a small bowl, combine butter and confectioners' sugar until crumbly. Beat in extract, food coloring if desired and milk.
- Spread on the bottoms of half of the cookies; top with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:1.9900000017622%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 119.7kcal (5.99%), Fat: 4.08g (6.27%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.84g (7.22%), Sugar: 14.35g (15.94%), Cholesterol: 12.47mg (4.16%), Sodium: 77.25mg (3.36%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 1.31g (2.62%), Selenium: 3.4µg (4.86%), Manganese: 0.09mg (4.73%), Vitamin B1: 0.06mg (3.81%), Folate: 14.31µg (3.58%), Vitamin E: 0.48mg (3.17%), Vitamin B2: 0.05mg (3.12%), Iron: 0.54mg (3%), Copper: 0.06mg (2.91%), Fiber: 0.63g (2.52%), Phosphorus: 22.67mg (2.27%), Vitamin B3: 0.44mg (2.2%), Magnesium: 7.95mg (1.99%), Vitamin K: 1.83µg (1.74%), Zinc: 0.17mg (1.13%), Vitamin A: 54.34IU (1.09%)