



Chocolate-Strawberry Shortcake Whoopie Pies

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4287 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 7 oz marshmallow crème jet-puffed
- 0.5 cup oil
- 3 cups strawberries fresh sliced
- 0.8 cup water
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- baking sheet
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 4 ingredients with mixer until blended. Drop 2 Tbsp. batter, 2 inches apart, into 32 mounds on baking sheets sprayed with cooking spray.
- Bake 10 min. or until toothpick inserted in centers comes out almost clean. Cool on baking sheets 3 min.
- Remove to wire racks; cool completely.
- Beat cream cheese and marshmallow creme in large bowl with mixer until blended.
- Add COOL WHIP; beat on low speed just until blended.
- Spread about 2 Tbsp. COOL WHIP mixture onto bottom side of each of 16 cookies. Top with strawberries and remaining cookies.

Nutrition Facts



PROTEIN 5.84% **FAT 42.25%** **CARBS 51.91%**

Properties

Glycemic Index:67, Glycemic Load:13.2, Inflammation Score:-10, Nutrition Score:72.04391305343%

Flavonoids

Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 107.35mg, Pelargonidin: 107.35mg, Pelargonidin: 107.35mg, Pelargonidin: 107.35mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg

Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg
Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.65mg,
Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-
gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-
gallate: 0.48mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 2.16mg,
Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin:
0.17mg, Myricetin: 0.17mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg Gallocatechin:
0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 4287kcal (214.35%), Fat: 211.37g (325.18%), Saturated Fat: 91.39g (571.16%), Carbohydrates: 584.21g
(194.74%), Net Carbohydrates: 565.2g (205.53%), Sugar: 371.17g (412.41%), Cholesterol: 724.64mg (241.55%),
Sodium: 4640.07mg (201.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 47.52mg (15.84%), Protein:
65.77g (131.53%), Vitamin C: 254.02mg (307.9%), Phosphorus: 1941.94mg (194.19%), Selenium: 120.77µg (172.53%),
Manganese: 2.69mg (134.64%), Iron: 24mg (133.32%), Vitamin B2: 2.12mg (124.43%), Calcium: 1177.38mg (117.74%),
Folate: 460.78µg (115.19%), Copper: 2.12mg (106.11%), Vitamin E: 14.44mg (96.26%), Potassium: 2797.16mg (79.92%),
Vitamin A: 3991.3IU (79.83%), Magnesium: 313.1mg (78.28%), Fiber: 19.01g (76.03%), Vitamin B1: 0.99mg (65.89%),
Vitamin K: 54.31µg (51.72%), Zinc: 7.14mg (47.61%), Vitamin B3: 9.11mg (45.56%), Vitamin B5: 4.44mg (44.44%),
Vitamin B6: 0.77mg (38.41%), Vitamin B12: 2.13µg (35.46%), Vitamin D: 2.64µg (17.6%)