



## Chocolate Whoopie Pies with Banana Buttercream

READY IN



45 min.

SERVINGS



24

CALORIES



308 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup bananas very ripe mashed ( 1 banana)
- ☐ 24 servings banana
- ☐ 24 servings chocolate
- ☐ 3.5 cups powdered sugar
- ☐ 1 cup t brown sugar dark packed ( )
- ☐ 1 large eggs
- ☐ 1.7 cups flour all-purpose

- ☐ 0.3 teaspoon juice of lime fresh
- ☐ 1.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted at room temperature ()
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 4 tablespoons shortening

## Equipment

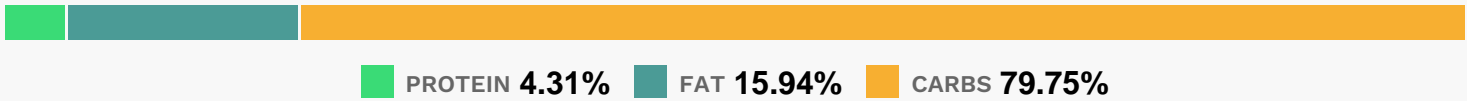
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ For the Classic Chocolate Whoopie: Position a rack in the center of the oven and preheat the oven to 375°F. Line two baking sheets with parchment paper.
- ☐ Sift together the flour, cocoa powder, baking soda, and salt onto a sheet of waxed paper. In the bowl of a stand mixer fitted with the paddle attachment, beat together the butter, shortening, and brown sugar on low speed until just combined. Increase the speed to medium and beat until fluffy and smooth, about 3 minutes.
- ☐ Add the egg and vanilla and beat for another 2 minutes.
- ☐ Add half of the flour mixture and half of the milk to the batter and beat on low until just incorporated. Scrape down the sides of the bowl.
- ☐ Add the remaining flour mixture and milk and beat until completely combined.
- ☐ Using a spoon, drop about 1 tablespoon of batter onto one of the prepared baking sheets and repeat, spacing them at least 2 inches apart.

- ☐ Bake one sheet at a time for about 10 minutes each, or until the pies spring back when pressed gently.
- ☐ Remove from the oven and let the cakes cool in the pan for about 5 minutes before transferring them to a rack to cool completely.
- ☐ For the Banana Buttercream: In the work bowl of a stand mixer fitted with the paddle attachment, beat the butter, starting on low and increasing to medium speed, until creamy, about 2 minutes.
- ☐ Add the salt, lime juice, and vanilla, and beat until smooth, about 1 minute.
- ☐ Add the confectioners' sugar, 1 cup at a time, and beat on low until incorporated. Increase the speed to medium and beat until light and fluffy, about 3 more minutes.
- ☐ Add more confectioners' sugar as needed to get the consistency you want.

## Nutrition Facts



## Properties

Glycemic Index:11.05, Glycemic Load:19.71, Inflammation Score:-4, Nutrition Score:8.9543478592582%

## Flavonoids

Catechin: 9.52mg, Catechin: 9.52mg, Catechin: 9.52mg, Catechin: 9.52mg Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 307.78kcal (15.39%), Fat: 5.82g (8.95%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 60.92g (22.15%), Sugar: 43.16g (47.96%), Cholesterol: 14.29mg (4.76%), Sodium: 130.04mg (5.65%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Caffeine: 6.15mg (2.05%), Protein: 3.54g (7.08%), Manganese: 0.52mg (25.84%), Vitamin B6: 0.5mg (25.09%), Fiber: 4.57g (18.29%), Potassium: 551.59mg (15.76%), Vitamin C: 11.39mg (13.8%), Magnesium: 52.91mg (13.23%), Folate: 43.96µg (10.99%), Copper: 0.22mg (10.92%), Vitamin B2: 0.18mg (10.45%), Selenium: 5.74µg (8.2%), Vitamin B1: 0.12mg (7.95%), Phosphorus: 75.03mg (7.5%), Vitamin B3: 1.47mg (7.33%), Iron: 1.22mg (6.76%), Vitamin B5: 0.59mg (5.9%), Calcium: 36.34mg (3.63%), Vitamin A: 173.81IU (3.48%), Zinc: 0.52mg (3.47%), Vitamin E: 0.35mg (2.36%), Vitamin K: 2.15µg (2.04%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.22µg (1.44%)