

Chocolate Whoopie Pies with Fresh Strawberries and Bruleed Marshmallows

READY IN

ready

50 min.

SERVINGS

servings

24

CALORIES

calories

191 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 stick butter softened
- ☐ 0.8 cup dutch process cocoa powder
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon kosher salt

- ☐ 1.5 cups brown sugar light
- ☐ 1 bag marshmallows
- ☐ 0.5 cup milk
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 25 strawberries hulled sliced
- ☐ 1 teaspoon vanilla extract

Equipment

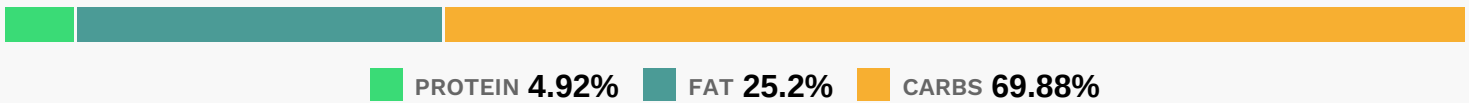
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ broiler
- ☐ ice cream scoop

Directions

- ☐ Preheat the oven to 425 degrees F. Line 2 baking sheets with silicon mats or parchment paper and set aside.
- ☐ For the cookies: Beat the butter and sugar with a hand mixer until light and fluffy.
- ☐ Add the egg and vanilla until just incorporated. Scrape down the sides of the bowl.
- ☐ In a separate bowl, whisk together the flour, cocoa powder, baking soda, salt and baking powder.
- ☐ In a third bowl, combine the milk and sour cream.
- ☐ Add half of the milk mixture to butter mixture while mixing on low speed. Then add half of the flour mixture and mix until incorporated. Repeat the process.
- ☐ With a measured scoop, portion out the batter into small rounds on the prepared baking sheets, spaced at least an inch apart. You can make the cookies whatever size you like; I like mine a bit big so I use a 4-ounce ice cream scoop.

- ☐ Bake until the tops lightly spring back when touched, 8 to 10 minutes.
- ☐ Remove from the oven and allow to cool completely.
- ☐ Add the sliced strawberries to a bowl and sprinkle with the granulated sugar and let sit for 15 minutes.
- ☐ Preheat the oven to a broil and set a rack 6 inches from the broiler.
- ☐ When the cookies are cooled, place them round-side down and then top half of them with sliced strawberries.
- ☐ Press 3 marshmallows together using the palm of your hand, until mostly flattened, and then place them on the other half of the cookies.
- ☐ Place the marshmallow-covered cookies back on the baking sheets and place under the broiler to let the marshmallows char and soften until lightly golden on top, 1 to 4 minutes. Keep an eye on them as they can burn quickly.
- ☐ For assembly: Top the strawberry side of the cookie with one of the marshmallow cookies, gently press together and then stand back and marvel at your creation.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:12.64, Inflammation Score:-3, Nutrition Score:4.25086953329%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 191.08kcal (9.55%), Fat: 5.62g (8.65%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 33.52g (12.19%), Sugar: 22.25g (24.73%), Cholesterol: 20.38mg (6.79%), Sodium: 201.83mg (8.78%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.47g (4.94%), Manganese: 0.23mg (11.7%), Vitamin C: 7.39mg (8.96%), Selenium: 5.22µg (7.46%), Copper: 0.14mg (7.16%), Fiber: 1.54g (6.15%), Folate: 24.47µg (6.12%), Vitamin B1: 0.09mg (6.12%), Iron: 1.08mg (6%), Phosphorus: 50.84mg (5.08%), Vitamin B2: 0.09mg (5.07%), Magnesium: 20.25mg (5.06%), Vitamin B3: 0.76mg (3.8%), Calcium: 37mg (3.7%), Vitamin A: 167.15IU (3.34%), Potassium: 107.58mg (3.07%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.03mg (1.4%), Vitamin E: 0.19mg (1.3%), Vitamin B12: 0.06µg (1.03%)