



Cookies and Cream Whoopie Pies

READY IN



70 min.

SERVINGS



14

CALORIES



368 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.3 cup cocoa powder unsweetened
- 2 tablespoons flour all-purpose
- 0.3 cup cream sour
- 0.3 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 0.5 cup sugar
- 8 crème-filled chocolate sandwich cookies crushed

- 12 oz fluffy frosting white
- 0.5 cup marshmallow creme

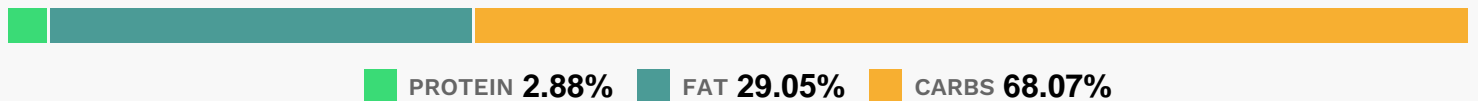
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350°F. In large bowl, stir together cookie mix, cocoa and flour.
- Add sour cream, butter, vanilla and egg; stir until stiff dough forms.
- Shape dough into 28 (1 1/4-inch) balls.
- Roll in sugar. On ungreased cookie sheets, place balls 2 inches apart. Press each ball to flatten slightly.
- Bake 8 to 9 minutes or until set (do not overbake). Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- In small bowl, stir filling ingredients until well mixed. To make each whoopie pie, spread about 2 teaspoons filling on bottom of 1 cookie. Top with second cookie, bottom side down; gently press cookies together. Store between sheets of waxed paper in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:12.67, Inflammation Score:-2, Nutrition Score:3.233043472728%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 367.96kcal (18.4%), Fat: 12.1g (18.61%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 62.8g (22.84%), Sugar: 44.76g (49.73%), Cholesterol: 14.92mg (4.97%), Sodium: 217.49mg (9.46%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.05mg (1.68%), Protein: 2.7g (5.4%), Vitamin B2: 0.14mg (8.16%), Iron: 1.39mg (7.74%), Manganese: 0.13mg (6.74%), Copper: 0.11mg (5.3%), Vitamin K: 5.18µg (4.94%), Vitamin E: 0.72mg (4.82%), Folate: 16.26µg (4.06%), Fiber: 0.99g (3.94%), Vitamin A: 196.22IU (3.92%), Phosphorus: 38.27mg (3.83%), Magnesium: 15mg (3.75%), Vitamin B1: 0.05mg (3.33%), Selenium: 2.25µg (3.21%), Vitamin B3: 0.49mg (2.45%), Potassium: 70.03mg (2%), Zinc: 0.27mg (1.83%), Calcium: 13.56mg (1.36%), Vitamin B5: 0.11mg (1.14%)