



Cousin Jonnie's Red Velvet Whoopie Pies

READY IN



70 min.

SERVINGS



24

CALORIES



241 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 8 tablespoons butter softened (1 stick)
- 1 cup buttermilk
- 0.5 cups canola oil
- 2 eggs
- 3 cups flour all-purpose
- 5 tablespoons flour all-purpose
- 1 cup milk

- 1 ounce food coloring red
- 0.5 cup solid vegetable shortening (recommended: Crisco)
- 1 cup sugar
- 1.5 cups sugar
- 2 teaspoons cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 1 teaspoon vinegar white

Equipment

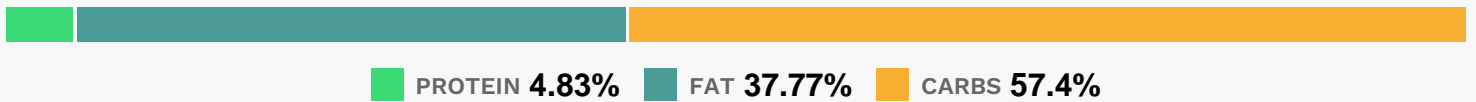
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Lightly grease 2 cookie sheets. Sift the flour, baking soda, and cocoa together in a large bowl. In a separate bowl, combine the oil, vinegar, food coloring, and vanilla.
- Using an electric mixer, beat the sugar and eggs together in a large bowl until they turn pale and double in volume.
- Add the oil mixture and beat to combine.
- Add the flour mixture and buttermilk alternately in 5 small additions, starting and ending with the flour.
- Drop the batter by teaspoons onto the baking sheets, allowing 1-inch between drops, as the cookies will spread. You'll be making 48 cookies.

- Bake until the cookies are firm but not crisp, about 8 to 10 minutes.
- Transfer immediately to racks to cool.
- Put the flour into a medium saucepan and slowly add the milk, whisking until smooth. Set over medium heat and cook, stirring constantly with a whisk, until very thick, about 3 minutes.
- Remove the flour mixture from the heat and allow it to cool completely.
- Cream the sugar, butter, shortening, and vanilla in a large bowl with an electric mixer.
- Add the cooled flour mixture and whip until fluffy.
- Spread some filling onto 1 cookie and top it with another to make a sandwich. Repeat with the remaining cookies and filling. Cover the filled whoopee pies with plastic wrap and store in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:24.43, Inflammation Score:-2, Nutrition Score:3.960869555888%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.86kcal (12.04%), Fat: 10.24g (15.75%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 34.51g (12.55%), Sugar: 21.86g (24.29%), Cholesterol: 25.99mg (8.66%), Sodium: 122.44mg (5.32%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 2.95g (5.9%), Selenium: 7.7µg (11%), Vitamin B1: 0.15mg (9.86%), Folate: 33.84µg (8.46%), Vitamin B2: 0.14mg (8.17%), Manganese: 0.12mg (6.19%), Vitamin B3: 1.04mg (5.21%), Phosphorus: 51.82mg (5.18%), Iron: 0.92mg (5.1%), Calcium: 44.84mg (4.48%), Vitamin E: 0.59mg (3.96%), Vitamin A: 169.39IU (3.39%), Vitamin K: 3.39µg (3.23%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.32µg (2.1%), Fiber: 0.5g (1.98%), Magnesium: 7.05mg (1.76%), Copper: 0.03mg (1.74%), Zinc: 0.26mg (1.73%), Potassium: 55.43mg (1.58%), Vitamin B6: 0.02mg (1.2%)