



## Pistachio-Cardamom Whoopie Pies with Rosewater Buttercream

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



161 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed ()
- 1 cup buttermilk
- 2 cups powdered sugar
- 1 large eggs
- 3 cups flour all-purpose
- 0.8 cup granulated sugar

- 1 teaspoon ground cardamom
- 3 tablespoons cup heavy whipping cream (whipping)
- 0.8 cup pistachios
- 3 drops food coloring red
- 1 teaspoon rosewater
- 0.1 teaspoon salt
- 4 tablespoons butter unsalted at room temperature
- 1 teaspoon vanilla extract

## Equipment

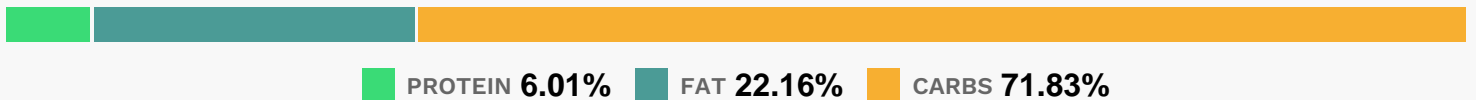
- bowl
- baking sheet
- baking paper
- oven
- knife
- stand mixer
- pastry bag

## Directions

- For the Pistachio-Cardamom Whoopies: Position a rack in the center of the oven and preheat the oven to 350°F. Line two baking sheets with parchment paper.
- Sift together the flour, baking powder, cardamom, and salt onto a sheet of waxed paper.
- In the work bowl of a stand mixer fitted with the paddle attachment, beat together the butter and both sugars on low speed until just combined. Increase the speed to medium and beat until fluffy and smooth, about 5 minutes.
- Add the egg, beating well.
- Add the vanilla.
- Add half of the flour mixture and half of the buttermilk to the batter and beat on low until just incorporated. Scrape down the sides of the bowl.
- Add the remaining flour mixture and 1/2 cup buttermilk and beat until completely combined.

- Add the pistachios and mix just until combined.
- Using a small ice-cream scoop or 2-tablespoon scoop, drop about 2 tablespoons 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 cakes begin to brown.
- Let the cakes cool on the sheet for at least 5 minutes before transferring them to a rack to cool completely.
- For the Rosewater Buttercream Filling: In the work bowl of a stand mixer fitted with the paddle attachment, beat together the confectioners' sugar and the butter, starting on low and increasing to medium speed, until the mixture is crumbly, about 1 minute.
- Add the heavy cream, rosewater, vanilla, salt and red food coloring and beat on high until smooth, about 3 minutes.
- Spread the filling onto the flat side of one cake using a knife or spoon. Top it with another cake, flat-side down. Repeat with the rest of the cakes and filling. Alternatively, you can use a pastry bag with a round tip to pipe the filling onto the cakes, which will give you a smoother, neater presentation.

## Nutrition Facts



### Properties

Glycemic Index:9.7, Glycemic Load:10.66, Inflammation Score:-2, Nutrition Score:3.220869542464%

### Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 160.58kcal (8.03%), Fat: 4.02g (6.18%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 28.63g (10.41%), Sugar: 18.88g (20.97%), Cholesterol: 12.79mg (4.26%), Sodium: 44.32mg (1.93%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Protein: 2.45g (4.91%), Vitamin B1: 0.13mg (8.66%), Selenium: 5.47µg (7.81%), Manganese: 0.15mg (7.3%), Folate: 25.8µg (6.45%), Vitamin B2: 0.09mg (5.54%), Iron: 0.81mg (4.51%), Phosphorus: 44.71mg (4.47%), Vitamin B3: 0.8mg (3.98%), Calcium: 33.4mg (3.34%), Vitamin B6: 0.07mg (3.33%), Copper: 0.07mg (3.28%), Fiber: 0.67g (2.69%), Magnesium: 8.33mg (2.08%), Vitamin A: 103.66IU (2.07%),

Potassium: 68.43mg (1.96%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.14mg (1.4%), Vitamin D: 0.19µg (1.26%), Vitamin E: 0.16mg (1.06%)