



Jalapeño Cornbread Whoopie Pies with Honey Buttercream

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



190 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed ()
- 1 cup buttermilk
- 3 cups powdered sugar
- 1 cup cornmeal
- 1 large eggs
- 1.3 cups flour all-purpose

- 3 tablespoons cup heavy whipping cream (whipping)
- 2 teaspoons honey
- 24 servings honey
- 24 servings jalapeno
- 2 jalapeno seeded finely chopped
- 1 teaspoon juice of lemon fresh
- 1 pinch salt
- 0.5 cup butter unsalted at room temperature (1 stick)

Equipment

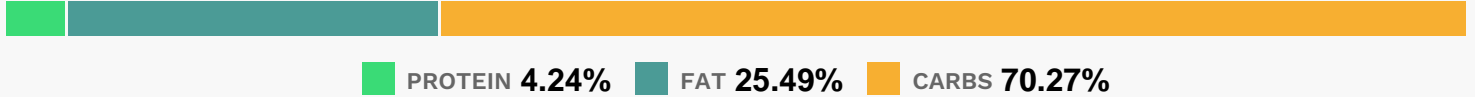
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- stand mixer

Directions

- For the Jalapeño Cornbread Whoopie: Position a rack in the center of the oven and preheat the oven to 375°F. Line two baking sheets with parchment paper.
- In a medium bowl, stir together the flour, cornmeal, brown sugar, baking powder, and salt. In the work bowl of a stand mixer fitted with the paddle attachment, beat together the buttermilk, butter, and egg on low speed until just combined. Increase the speed to medium and beat until thoroughly combined, about 3 minutes.
- Add the flour mixture and the chopped chiles to the batter and beat on low until just 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 12 minutes each or until the cakes begin to brown around the edges.

- 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 Honey Buttercream: 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, honey, lemon juice, and salt and beat on high speed until smooth, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:10.01, Inflammation Score:-2, Nutrition Score:3.1882608610651%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 190kcal (9.5%), Fat: 5.51g (8.48%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 33.25g (12.09%), Sugar: 23.95g (26.61%), Cholesterol: 21.14mg (7.05%), Sodium: 53.19mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Selenium: 3.91µg (5.59%), Vitamin C: 4.48mg (5.43%), Vitamin B1: 0.08mg (5.24%), Manganese: 0.1mg (4.99%), Vitamin B2: 0.08mg (4.62%), Phosphorus: 45.45mg (4.55%), Folate: 17.07µg (4.27%), Vitamin A: 213.03IU (4.26%), Calcium: 38.96mg (3.9%), Fiber: 0.92g (3.67%), Iron: 0.65mg (3.59%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.62mg (3.1%), Magnesium: 11.01mg (2.75%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.11%), Copper: 0.04mg (1.85%), Potassium: 64.26mg (1.84%), Vitamin D: 0.27µg (1.82%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.08µg (1.26%), Vitamin K: 1.14µg (1.08%)