



## Mama's Whoopie Pies

READY IN



70 min.

SERVINGS



25

CALORIES



256 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup butter at room temperature
- 1 cup confectioners' sugar
- 2 eggs
- 4 cups flour all-purpose
- 2 cups marshmallow crème
- 1.5 cups milk
- 1 teaspoon salt

- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 2 cups sugar white

## Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Whisk flour, cocoa powder, salt, baking powder, and baking soda in a bowl. Beat 1 cup butter and white sugar in a separate large bowl, with an electric mixer on medium speed, until mixture is creamy. Beat eggs and 2 teaspoons vanilla extract into butter mixture.
- Stir half the flour mixture into wet ingredients, followed by milk; stir remaining flour mixture into dough. Drop dough by tablespoonfuls onto baking sheets. For 25 whoopie pies, make 50 cookies.
- Bake cookies in the preheated oven until set and lightly browned, about 10 minutes.
- Let cool completely.
- Beat 3/4 cup butter with confectioners' sugar in a bowl, using an electric mixer; beat 2 teaspoons vanilla extract and marshmallow creme into filling.
- Spread at least 1 teaspoon filling on the bottom of a cookie and top with a second cookie. Repeat with remaining cookies and filling.

## Nutrition Facts



**PROTEIN 5.56%** **FAT 23.66%** **CARBS 70.78%**

## Properties

Glycemic Index:13, Glycemic Load:22.51, Inflammation Score:-3, Nutrition Score:5.3595652372941%

## Flavonoids

Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 255.86kcal (12.79%), Fat: 7.04g (10.84%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 45.6g (16.58%), Sugar: 27.79g (30.87%), Cholesterol: 29.49mg (9.83%), Sodium: 187.62mg (8.16%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.91mg (2.64%), Protein: 3.72g (7.44%), Manganese: 0.27mg (13.59%), Selenium: 8.82µg (12.61%), Vitamin B1: 0.17mg (11.31%), Folate: 39.56µg (9.89%), Vitamin B2: 0.15mg (8.82%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.18%), Phosphorus: 73.76mg (7.38%), Fiber: 1.81g (7.25%), Vitamin B3: 1.28mg (6.39%), Magnesium: 23.97mg (5.99%), Vitamin A: 212.91IU (4.26%), Calcium: 38.72mg (3.87%), Zinc: 0.49mg (3.26%), Potassium: 103.08mg (2.95%), Vitamin B5: 0.21mg (2.13%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.23µg (1.54%), Vitamin E: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.4%)