



WHATSheATE



## Matcha Whoopie Pies



Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



4704 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 3 ounces cream cheese
- ☐ 1 cup brown sugar dark packed
- ☐ 0.5 cup dutch-process cocoa powder such as droste
- ☐ 1 large eggs
- ☐ 2 cups flour
- ☐ 1 serving mascarpone cheese

- ☐ 1.5 tablespoons matcha tea powder
- ☐ 1.5 cups powdered sugar
- ☐ 0.8 teaspoon sea salt fine
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract

## Equipment

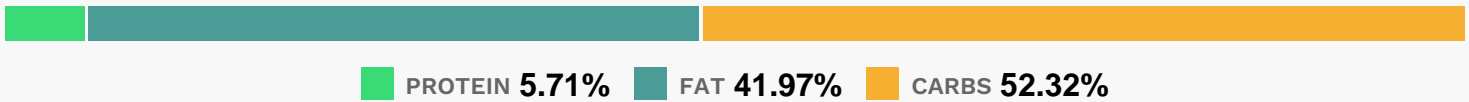
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ ziploc bags
- ☐ offset spatula
- ☐ butter knife

## Directions

- ☐ Preheat oven to 35
- ☐ Sift flour, cocoa, baking soda, and salt into a medium bowl.
- ☐ Beat butter and brown sugar in a large bowl with a mixer on medium speed until very fluffy, 3 to 4 minutes.
- ☐ Beat in egg, vanilla extract, and vanilla seeds. Reduce speed to low and gradually add flour mixture; then gradually beat in buttermilk until smooth, scraping down inside of bowl as needed.
- ☐ Line 2 large baking sheets with parchment paper or Silpat mats\*. Put batter in a piping bag with a large tip (or cut a 1/2-in. corner off a resealable plastic bag and spoon in batter). Form 1-tbsp. mounds of batter 2 in. apart on sheets.
- ☐ Bake about 12 minutes or until cakes spring back when poked.

- ☐ Transfer to rack to cool.
- ☐ Meanwhile, make filling: Sift powdered sugar and matcha together into a medium-large bowl.
- ☐ Add cream cheese, butter, and mascarpone and beat with a mixer on low speed at first, then on medium until very smooth and creamy, about 2 to 3 minutes.
- ☐ Using an offset spatula or a butter knife, generously spread some filling on the flat side of a cake and top with another cake. Repeat for rest of cakes.
- ☐ \*Chill matcha after opening to slow oxidation. Silpats (silicone baking mats) prevent sticking.

## Nutrition Facts



## Properties

Glycemic Index:133, Glycemic Load:142.92, Inflammation Score:-10, Nutrition Score:66.560435004856%

## Flavonoids

Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 4704.06kcal (235.2%), Fat: 224.74g (345.76%), Saturated Fat: 137.01g (856.34%), Carbohydrates: 630.37g (210.12%), Net Carbohydrates: 607.71g (220.99%), Sugar: 406.59g (451.76%), Cholesterol: 752.92mg (250.97%), Sodium: 4093.58mg (177.98%), Alcohol: 1.38g (100%), Alcohol %: 0.13% (100%), Caffeine: 98.9mg (32.97%), Protein: 68.78g (137.57%), Selenium: 128.15µg (183.08%), Manganese: 3.56mg (177.87%), Vitamin A: 8288.73IU (165.77%), Vitamin B1: 2.16mg (143.91%), Iron: 24.4mg (135.54%), Vitamin B2: 2.28mg (134.16%), Folate: 522.54µg (130.63%), Copper: 2.25mg (112.64%), Phosphorus: 1036.06mg (103.61%), Fiber: 22.66g (90.64%), Magnesium: 331.5mg (82.87%), Vitamin B3: 16.37mg (81.85%), Calcium: 754.36mg (75.44%), Potassium: 1776.24mg (50.75%), Vitamin D: 7.08µg (47.22%), Zinc: 6.93mg (46.21%), Vitamin E: 6.2mg (41.33%), Vitamin B5: 3.88mg (38.77%), Vitamin B12: 2.07µg (34.53%), Vitamin B6: 0.48mg (23.85%), Vitamin K: 18.31µg (17.43%)