



Mini Chocolate Cakewiches

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons powdered sugar
- ☐ 1 egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup cream cheese at room temperature reduced-fat
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.5 cup skim milk divided
- ☐ 0.8 cup flour all-purpose

- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened for dusting plus more
- ☐ 0.5 teaspoon vanilla extract

Equipment

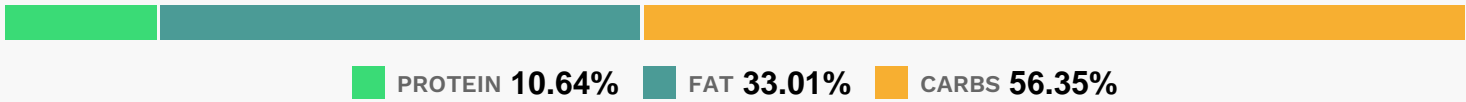
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and confectioners' sugar in a bowl with an electric mixer on high until smooth.
- ☐ Add yogurt and vanilla; beat until well combined. Coat 3 baking sheets with cooking spray.
- ☐ Heat oven to 400°F.
- ☐ Whisk flour, cocoa powder and baking soda in a second bowl. Beat sugar and butter with an electric mixer on high in a third bowl until combined; add egg white and beat until mixture is thick and pale yellow.
- ☐ Add half the flour mixture to sugar and butter mixture; beat until just combined.
- ☐ Add 1/4 cup milk; beat on low speed until combined. Repeat with remaining flour mixture and remaining 1/4 cup milk. Spoon batter into a large resealable bag; squeeze batter into a corner of the bag and clip 1/4 inch off corner to make a piping bag. Squeeze 16 lines of batter, 4 inches long and 1 inch apart, onto each baking sheet.
- ☐ Bake until centers spring back to the touch, 5 to 7 minutes. Cool on a wire rack.
- ☐ Spread half the cakes with cream cheese filling; top with a second cake to make sandwiches and dust with cocoa powder, if desired.
- ☐ Serve immediately, or store in the refrigerator for up to 3 days.

Self

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:5.15, Inflammation Score:-1, Nutrition Score:1.6191304358451%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 62.66kcal (3.13%), Fat: 2.38g (3.66%), Saturated Fat: 1.44g (9%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.54g (6.16%), Cholesterol: 6.82mg (2.27%), Sodium: 46.94mg (2.04%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.73g (3.45%), Selenium: 2.46µg (3.52%), Vitamin B2: 0.06mg (3.3%), Manganese: 0.06mg (3.13%), Phosphorus: 30.13mg (3.01%), Vitamin B1: 0.04mg (2.49%), Folate: 8.88µg (2.22%), Copper: 0.04mg (2.15%), Calcium: 21.06mg (2.11%), Vitamin B12: 0.11µg (1.81%), Iron: 0.32mg (1.78%), Magnesium: 6.98mg (1.75%), Fiber: 0.44g (1.75%), Vitamin A: 81.91IU (1.64%), Vitamin B3: 0.27mg (1.37%), Potassium: 47.22mg (1.35%), Zinc: 0.16mg (1.1%)