



Mini Red Velvet Whoopie Pies

READY IN



35 min.

SERVINGS



35

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 tablespoon plus light
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup marshmallow fluff
- ☐ 1 drops food coloring red
- ☐ 1 oz food coloring red for filling (reserve 1 or 2 drops)

- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 5 tablespoons butter unsalted at room temperature
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vinegar white

Equipment

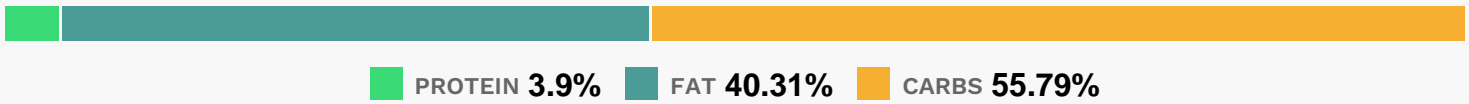
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ ice cream scoop

Directions

- ☐ Make cookies: Preheat oven to 375F. Line 2 large baking sheets with parchment. In a bowl, whisk sour cream, egg, vanilla and vinegar.
- ☐ In a large bowl, whisk flour, brown sugar, cocoa powder, baking soda and salt, breaking up lumps of sugar.
- ☐ Add butter and beat with an electric mixer on low until butter pieces are no larger than small peas. Stir in sour cream mixture and mix on low speed until moistened.
- ☐ Add food coloring; beat on low until incorporated, then beat on medium-high until well combined, scraping down sides of bowl periodically.
- ☐ Using a small ice cream scoop, drop batter onto baking sheets, 2 1/2 inches apart.
- ☐ Bake cookies, 1 sheet at a time, until tops are cracked, 8 to 9 minutes.

- ☐
- Remove from oven; let stand for 5 minutes.
- ☐
- Transfer cookies to a wire rack to cool. Repeat with remaining batter.
- ☐
- Make filling: In a bowl, beat butter and sugar with an electric mixer on low until combined. Beat in corn syrup, vanilla and salt. Stir in Fluff and food coloring. Beat on high speed until light, about 2 minutes. Refrigerate for 20 minutes.
- ☐
- Spread a rounded teaspoon of filling onto flat side of a cookie and sandwich with another cookie. Repeat with remaining cookies and filling.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:4.04, Inflammation Score:-1, Nutrition Score:1.7465217290041%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 116.21kcal (5.81%), Fat: 5.33g (8.21%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 16.26g (5.91%), Sugar: 10.14g (11.26%), Cholesterol: 19.08mg (6.36%), Sodium: 56.36mg (2.45%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.16g (2.32%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.06mg (3.9%), Folate: 14.36µg (3.59%), Manganese: 0.07mg (3.55%), Vitamin A: 164.96IU (3.3%), Vitamin B2: 0.05mg (3.09%), Iron: 0.47mg (2.59%), Vitamin B3: 0.45mg (2.23%), Phosphorus: 18.53mg (1.85%), Copper: 0.03mg (1.62%), Fiber: 0.35g (1.41%), Calcium: 13.46mg (1.35%), Magnesium: 5.02mg (1.25%), Vitamin E: 0.16mg (1.05%)