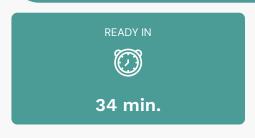


Mini Whoopie Pies







DESSERT

Ingredients

| 0.5 teaspoon baking soda |
|----------------------------|
| 1.7 cups powdered sugar |
| 1 large eggs |
| 1 cup granulated sugar |
| 2 cups marshmallow creme |
| 1 cup milk |
| 0.5 teaspoon salt fine |
| 1.3 cups flour all-purpose |
| |

1 stick butter unsalted softened

| | 0.5 cup cocoa powder unsweetened such as droste | |
|------------|--|--|
| | 0.5 teaspoon vanilla extract | |
| | 0.8 cup flour whole-wheat | |
| Equipment | | |
| | bowl | |
| | baking sheet | |
| | baking paper | |
| | oven | |
| | whisk | |
| | hand mixer | |
| Directions | | |
| | Arrange the oven racks in the upper and lower thirds of the oven and preheat the oven to 425°F. Line 2 large baking sheets with parchment paper. | |
| | Whisk together the flours, cocoa, baking soda and salt in a medium bowl. | |
| | Cream the butter and sugar in the bowl of an electric mixer at high speed until fluffy, about 4 minutes. | |
| | Add the egg and milk and beat at medium speed until incorporated. At low speed, add the flour mixture in 2 batches, alternating with the milk, mixing until just blended. | |
| | Using a half-tablespoon measure, drop 18 generous teaspoons of batter onto each sheet, leaving about 2 inches between cakes. | |
| | Bake the 2 sheets at the same time, 5 to 7 minutes, until springy to touch. | |
| | Let cool on the sheets for 5 minutes, and transfer to racks to cool completely. Change the parchment and repeat using the remaining batter (72 cakes in total). | |
| | Beat the butter and confectioners' sugar at low speed until blended and then beat at high speed until fluffy, about 5 minutes. | |
| | Add the vanilla and marshmallow cream and mix at low speed until blended, about 1 minute. | |
| | Match pairs of cake with the same shapes and spread the bottom side of 1 cake with filling and sandwich together with the other cake. (Store the finished whoopee pies in a covered plastic container and chill for up to 3 days.) | |
| | | |

| Nutrition Data |
|---|
| Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper |
| Collins Publishers. |
| Nutrition Facts |
| |
| PROTEIN 4.52% FAT 22.5% CARBS 72.98% |

Properties

Glycemic Index:5.09, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:2.2408695557843%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 120.47kcal (6.02%), Fat: 3.18g (4.89%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 22.39g (8.14%), Sugar: 15.7g (17.44%), Cholesterol: 12.73mg (4.24%), Sodium: 52.95mg (2.3%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.44g (2.87%), Manganese: 0.18mg (8.93%), Selenium: 3.84µg (5.49%), Vitamin B1: 0.05mg (3.47%), Fiber: 0.83g (3.31%), Phosphorus: 32.73mg (3.27%), Copper: 0.06mg (3.21%), Magnesium: 11.39mg (2.85%), Vitamin B2: 0.05mg (2.79%), Iron: 0.49mg (2.72%), Folate: 10.17µg (2.54%), Vitamin B3: 0.42mg (2.08%), Vitamin A: 97.15IU (1.94%), Zinc: 0.23mg (1.51%), Calcium: 13.03mg (1.3%), Potassium: 45.02mg (1.29%)