



Neely's Whoopie Pumpkin Pies

 Vegetarian

READY IN



28 min.

SERVINGS



12

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter room temperature
- ☐ 1 cup buttermilk room temperature
- ☐ 0.3 cup pumpkin puree canned
- ☐ 0.7 cup confectioners' sugar
- ☐ 4 ounces cream cheese room temperature
- ☐ 1 eggs

- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch salt
- ☐ 1.3 cups sugar
- ☐ 0.5 stick butter unsalted room temperature
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

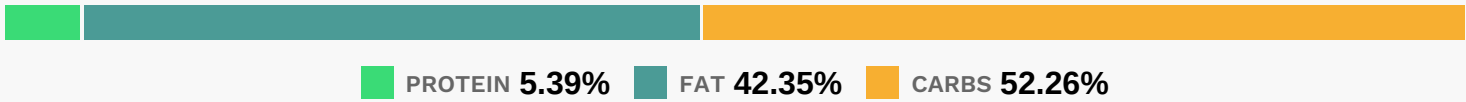
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Using a stand mixer, add the butter and sugar and beat together until light and fluffy.
- ☐ Add the egg, then the buttermilk and the vanilla.
- ☐ Whisk together the flour, cocoa powder, baking soda, baking powder, and salt in a medium bowl.
- ☐ Add the dry ingredients in increments to the wet ingredients.
- ☐ Mix until just combined.
- ☐ Drop heaping tablespoons of the batter onto parchment lined sheet trays, leaving a 2-inch space between each cookie. Put in the oven and bake for 8 minutes.
- ☐ Remove from oven and let cool on rack.
- ☐ Beat together the cream cheese and butter, in a small bowl, until smooth. Slowly add in the confectioners sugar. Once smooth, add the pumpkin puree, the cinnamon and a pinch of salt. Beat until smooth and well mixed.
- ☐ To assemble the cookie, spread a heaping tablespoon of the filling to the flat side of a cookie and sandwich with another. Repeat with the remaining cookies.

Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:25.1, Inflammation Score:-7, Nutrition Score:7.8299999703532%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 339.93kcal (17%), Fat: 16.75g (25.77%), Saturated Fat: 10.15g (63.46%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 43.84g (15.94%), Sugar: 29.02g (32.24%), Cholesterol: 55.84mg (18.61%), Sodium: 277.04mg (12.05%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.8g (9.6%), Vitamin A: 1328.22IU (26.56%), Manganese: 0.35mg (17.52%), Selenium: 9.96µg (14.22%), Copper: 0.25mg (12.39%), Vitamin B2: 0.19mg (11.12%), Vitamin B1: 0.16mg (10.82%), Fiber: 2.65g (10.61%), Phosphorus: 102.4mg (10.24%), Folate: 39.69µg (9.92%), Iron: 1.78mg (9.91%), Magnesium: 35.69mg (8.92%), Vitamin B3: 1.25mg (6.25%), Calcium: 59.09mg (5.91%), Zinc: 0.69mg (4.6%), Potassium: 160.91mg (4.6%), Vitamin E: 0.53mg (3.56%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.4µg (2.69%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.04mg (1.83%)