

Old-Fashioned Whoopie Pies

READY IN



45 min.

SERVINGS



24

CALORIES



156 kcal

DESSERT

Ingredients

- 0.5 cup cocoa powder
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup buttermilk
- 1.5 cups powdered sugar
- 2 eggs
- 3 tablespoons flour all-purpose
- 1 cup milk 2%
- 0.3 teaspoon salt

- 0.8 cup shortening
- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 0.5 cup water hot

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- In a small bowl, combine cocoa and water. Cool for 5 minutes. In a large bowl, cream shortening and sugar until light and fluffy. Beat in the eggs, vanilla and cocoa mixture.
- Combine dry ingredients; gradually add to creamed mixture alternately with buttermilk, beating well after each addition
- Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheets. Flatten slightly with a spoon.
- Bake at 350° for 10–12 minutes or until firm to the touch.
- Remove to wire racks to cool.
- In a small saucepan, combine flour and salt. Gradually whisk in milk until smooth; cook and stir over medium–high heat until thick, 5–7 minutes.
- Remove from heat. Cover and refrigerate until completely cool.
- In a small bowl, cream the shortening, sugar and vanilla until light and fluffy.
- Add milk mixture; beat for 7 minutes or until fluffy.
- Spread filling on half of the cookies; top with remaining cookies. Store in the refrigerator.

Nutrition Facts



■ PROTEIN 3.44% ■ FAT 41.08% ■ CARBS 55.48%

Properties

Glycemic Index:11.17, Glycemic Load:9.36, Inflammation Score:-1, Nutrition Score:2.0608695546246%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 155.74kcal (7.79%), Fat: 7.41g (11.4%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.83g (7.94%), Sugar: 20.64g (22.93%), Cholesterol: 14.98mg (4.99%), Sodium: 103.77mg (4.51%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.4g (2.79%), Manganese: 0.08mg (3.97%), Phosphorus: 38.39mg (3.84%), Copper: 0.08mg (3.81%), Vitamin B2: 0.06mg (3.33%), Vitamin K: 3.5µg (3.33%), Calcium: 32.29mg (3.23%), Selenium: 2.25µg (3.22%), Vitamin E: 0.44mg (2.93%), Magnesium: 11.3mg (2.83%), Fiber: 0.69g (2.75%), Iron: 0.39mg (2.19%), Vitamin B12: 0.11µg (1.8%), Zinc: 0.25mg (1.63%), Vitamin B5: 0.16mg (1.63%), Potassium: 54.74mg (1.56%), Folate: 4.75µg (1.19%), Vitamin B1: 0.02mg (1.18%)