



Pancake Whoopie Pies

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



9

CALORIES



206 kcal

DESSERT

Ingredients

- 2 tablespoons granulated sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon vanilla
- 1.5 cups buttermilk
- 1 eggs
- 4 oz cream cheese softened (half of 8-oz package)
- 0.3 cup granulated sugar
- 0.5 teaspoon peppermint flavoring

- 1 cup whipping cream
- 2 cups frangelico

Equipment

- bowl
- frying pan
- whisk
- hand mixer

Directions

- In medium bowl, stir baking mix, 2 tablespoons sugar, the baking powder and vanilla until blended.
- Add buttermilk and egg, stirring with fork or whisk until blended. In medium bowl, beat cream cheese, 1/3 cup sugar and the maple flavor with electric mixer on medium speed 1 minute or until smooth, scraping bowl occasionally. Gradually beat in whipping cream on high speed 2 minutes or until stiff peaks form.
- Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 2 tablespoons batter onto hot griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown. Cool completely.
- For each whoopie pie, spread 2 heaping tablespoons maple cream on 1 pancake. Top with second pancake; gently press together. Store covered in refrigerator.

Nutrition Facts

 PROTEIN **6.52%**  FAT **67.26%**  CARBS **26.22%**

Properties

Glycemic Index:32.24, Glycemic Load:8.05, Inflammation Score:-4, Nutrition Score:3.8256521941689%

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 15.7g (24.16%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.77g (5.01%), Sugar: 13.33g (14.81%), Cholesterol: 65.19mg (21.73%), Sodium: 190.01mg (8.26%), Alcohol: 0.15g (100%), Alcohol %: 0.2% (100%), Protein: 3.43g (6.85%), Calcium: 130.79mg (13.08%),

Vitamin A: 650.35IU (13.01%), Vitamin B2: 0.17mg (10.13%), Phosphorus: 92mg (9.2%), Selenium: 4.92µg (7.03%),
Vitamin D: 1.04µg (6.94%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.37mg (3.66%), Potassium: 103.54mg (2.96%),
Vitamin E: 0.43mg (2.87%), Zinc: 0.34mg (2.29%), Magnesium: 7.87mg (1.97%), Vitamin B6: 0.04mg (1.96%), Vitamin
B1: 0.03mg (1.93%), Folate: 6.49µg (1.62%), Iron: 0.24mg (1.34%), Vitamin K: 1.25µg (1.19%)