



Peppermint Red Velvet Whoopie Pie

READY IN



32 min.

SERVINGS



21

CALORIES



947 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 2.5 cups cake flour
- ☐ 3 cups cake flour
- ☐ 1 cup canola oil
- ☐ 0.3 cup chocolate pudding mix
- ☐ 0.5 cup cocoa

- ☐ 8 cups confectioners' sugar
- ☐ 1.5 pounds cream cheese
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup milk
- ☐ 0.5 teaspoon peppermint extract
- ☐ 1 tablespoon peppermint extract
- ☐ 2 tablespoons food coloring red
- ☐ 0.5 cup strawberry jam seedless
- ☐ 1.8 cups sugar
- ☐ 2 cups sugar
- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 0.8 cup butter unsalted ()
- ☐ 2 cups butter unsalted (4 sticks)
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable shortening
- ☐ 1.5 cups water ice cold
- ☐ 1 teaspoon distilled vinegar white
- ☐ 0.3 cup peppermints soft crushed (the meringue-like textured mints)
- ☐ 0.3 cup peppermints soft crushed (the meringue-like textured mints)

Equipment

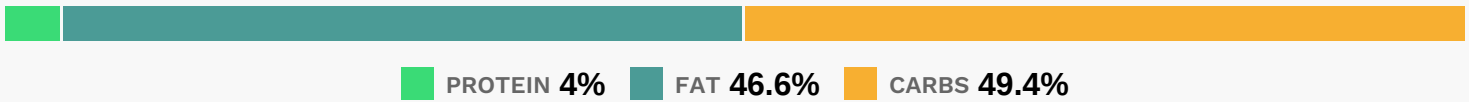
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the flour, baking powder and salt in a medium bowl and set aside.
- ☐ Whisk together the milk, jam and food coloring in a small bowl and set aside. Beat together the sugar, oil, vanilla, vinegar and eggs in a mixer on medium-high speed until pale and smooth, 2 to 3 minutes. In three additions, alternately add the dry and wet ingredients to the sugar mixture, beginning and ending with the dry.
- ☐ Mix until combined.
- ☐ Whisk together the flour, 1/2 cup cocoa, baking soda and salt and set aside. Cream together the sugar and butter.
- ☐ Add the eggs one at a time, creaming well after each addition.
- ☐ Mix in the vanilla extract.
- ☐ Add the flour mix and buttermilk alternately, beginning and ending with the flour.
- ☐ Mix the strawberry and the chocolate cake batters together.
- ☐ Add the remaining 1/3 cup cocoa and the chocolate pudding mix (this is the red velvet).
- ☐ Whisk the flours, baking powder, baking soda and salt together into a large bowl. Set aside. In a bowl of an electric mixer fitted with the paddle attachment, beat the butter and shortening on medium speed until creamy, 3 to 4 minutes.
- ☐ Add the sugar and extracts and beat on medium speed until fluffy, about 3 minutes. Scrape down the bowl, add the egg and egg yolk and beat until just combined. Turn the mixer to low.

- ☐ Add the flour mixture, alternating with the ice water, in three separate additions, beginning and ending with the flour mixture. Scrape down the bowl, then mix on low speed for a few more seconds.
- ☐ To make the whoopie pies: Preheat the oven to 350 degrees F. Line baking sheets with parchment paper.
- ☐ Take 1 small ice cream scoop of the red velvet batter and place it on parchment paper. Then get a new 1 small ice cream scoop of the peppermint vanilla cake batter and layer it on top of the red velvet. Then using a knife, swirl the batters together by free hand. This creates one half of your whoopie pie.
- ☐ Bake until they are cooked through, about 12 minutes. When cool, pipe the Peppermint Cream Cheese Icing on one half and then top with another whoopie pie half.
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.
- ☐ With an electric mixer and paddle attachment, cream the butter until smooth. Next, add the cream cheese and beat until fluffy. Next, add the vanilla (with the mixer on low speed) and peppermint extracts. Then, add the confectioners' sugar in small batches until fully incorporated.
- ☐ Mix until there are no lumps of sugar.
- ☐ Add crushed peppermints to the icing.
- ☐ Place the icing in a piping bag and then pipe onto one half of the whoopie pie and top with the second half.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:46.8, Inflammation Score:-7, Nutrition Score:10.067391255628%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 946.76kcal (47.34%), Fat: 49.85g (76.69%), Saturated Fat: 27.14g (169.64%), Carbohydrates: 118.89g (39.63%), Net Carbohydrates: 117.12g (42.59%), Sugar: 87.35g (97.05%), Cholesterol: 167.99mg (56%), Sodium: 507.94mg (22.08%), Alcohol: 0.66g (100%), Alcohol %: 0.31% (100%), Caffeine: 4.74mg (1.58%), Protein: 9.62g (19.24%), Selenium: 23.68µg (33.82%), Vitamin A: 1433.17IU (28.66%), Manganese: 0.39mg (19.56%), Phosphorus: 159.42mg (15.94%), Vitamin B2: 0.26mg (15.04%), Vitamin E: 2.08mg (13.89%), Calcium: 120.72mg (12.07%), Copper: 0.19mg (9.37%), Folate: 32.37µg (8.09%), Vitamin D: 1.11µg (7.38%), Vitamin B5: 0.74mg (7.37%), Vitamin K: 7.54µg (7.18%), Fiber: 1.77g (7.07%), Magnesium: 28.19mg (7.05%), Iron: 1.24mg (6.89%), Vitamin B12: 0.38µg (6.29%), Zinc: 0.94mg (6.26%), Vitamin B1: 0.09mg (6.21%), Potassium: 183.14mg (5.23%), Vitamin B6: 0.07mg (3.7%), Vitamin B3: 0.72mg (3.62%)