



Pumpkin Whoopie Pies

 Vegetarian

READY IN



300 min.

SERVINGS



16

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon vanilla extract (optional; substitute 1 teaspoon vanilla extract)
- ☐ 15 ounce pumpkin puree pure canned (not pie filling)
- ☐ 1.5 cups powdered sugar
- ☐ 6 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup pecans
- ☐ 1 pinch salt
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen towels
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 350°F with rack in middle. Line 2 large baking sheets with parchment paper.
- ☐ Whisk together flour, baking powder, soda, salt, and spices in a bowl.
- ☐ Whisk together sugar, oil, pumpkin, egg, and vanilla in a separate large bowl until well combined, then stir in flour mixture.

- ☐ Using a 1-ounce ice cream scoop or tablespoon measure, drop a scant scoop's worth of batter or 2 scant tablespoons of batter onto a lined baking sheet to form 1 mound. Make 15 more mounds, arranging them 2 inches apart until baking sheet is full (you will have batter left over).
- ☐ Bake until springy to the touch, 12 to 18 minutes.
- ☐ Transfer cookie-cakes to rack to cool.
- ☐ Form and bake remaining batter on the other parchment-lined sheet. You should have a total of 32 cookie-cakes.
- ☐ Leave oven on.
- ☐ Line a small sheet pan with parchment paper.
- ☐ Stir together sugar, salt, and 1/2 tablespoon water in a small saucepan.
- ☐ Heat over moderate heat until sugar dissolves, then bring to a boil. Stir in pecans.
- ☐ Spread mixture on lined sheet pan and bake until coating is bubbling and golden brown, about 10 minutes.
- ☐ Cool completely on pan on a rack.
- ☐ Coarsely chop candied pecans.
- ☐ While cookie-cakes are baking, beat cream cheese, butter, and salt in a bowl with an electric mixer until smooth.
- ☐ Add confectioners' sugar and bourbon and mix on low speed until smooth.
- ☐ Chill filling until firm enough to hold its shape when spread, 30 minutes to 1 hour.
- ☐ Spread 1 heaping tablespoon of filling each on flat side of half the cooled cookie-cakes, then top with other half of cookie-cakes. If necessary, chill whoopie pies just long enough to firm up filling again, about 30 minutes.
- ☐ Gently press pecans onto filling around middle of each whoopie pie to help them adhere to filling.
- ☐ •If you want perfectly round cakes, a 1-ounce ice cream scoop is a worthwhile investment, because you can use it for so many other baking projects, in addition to ice cream. •Cookie-cakes can be baked 1 day ahead, and kept on racks at room temperature, covered with a kitchen towel. •Filling can be made 1 day ahead, and chilled, covered. •Pecans can be candied 3 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



 **PROTEIN 5.25%**  **FAT 49.04%**  **CARBS 45.71%**

Properties

Glycemic Index:17.44, Glycemic Load:6.68, Inflammation Score:-10, Nutrition Score:8.4843476984812%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 217.79kcal (10.89%), Fat: 12.01g (18.48%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.71g (8.62%), Sugar: 14.05g (15.61%), Cholesterol: 33.65mg (11.22%), Sodium: 90.72mg (3.94%), Alcohol: 0.37g (100%), Alcohol %: 0.56% (100%), Protein: 2.9g (5.79%), Vitamin A: 4429.33IU (88.59%), Manganese: 0.33mg (16.36%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.12mg (8.21%), Vitamin K: 7.59µg (7.22%), Vitamin B2: 0.12mg (7.07%), Folate: 27.96µg (6.99%), Iron: 1.12mg (6.22%), Fiber: 1.48g (5.91%), Phosphorus: 52.5mg (5.25%), Vitamin E: 0.7mg (4.63%), Copper: 0.09mg (4.55%), Vitamin B3: 0.85mg (4.27%), Magnesium: 14.52mg (3.63%), Calcium: 34.57mg (3.46%), Vitamin B5: 0.3mg (3.02%), Potassium: 105.19mg (3.01%), Zinc: 0.37mg (2.5%), Vitamin B6: 0.04mg (1.98%), Vitamin C: 1.16mg (1.4%)