



Pumpkin Whoopie Pies

READY IN



45 min.

SERVINGS



14

CALORIES



500 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 15 oz pumpkin canned
- ☐ 4 cups confectioners' sugar
- ☐ 4 oz cream cheese softened
- ☐ 2 large eggs
- ☐ 13.5 oz flour all-purpose
- ☐ 2 cups brown sugar packed
- ☐ 0.3 cup marshmallow fluff

- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 teaspoon salt
- ☐ 4 oz butter unsalted salted softened
- ☐ 1 teaspoon vanilla (I used my Mexican vanilla. Bueno!)
- ☐ 2 tsp vanilla extract
- ☐ 1 cup vegetable oil

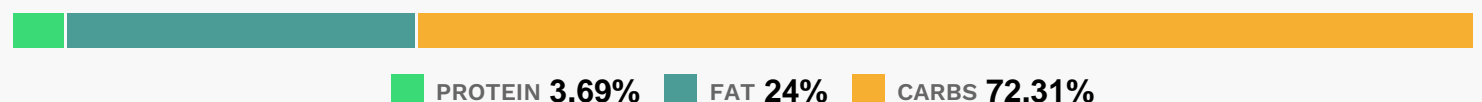
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ baking spatula

Directions

- ☐ Preheat oven to 350 degrees and have ready two ungreased baking sheets. In a medium size bowl, mix together the flour, pumpkin pie spice, baking powder, baking soda and salt. In a large bowl, using a hand-held electric mixer, beat the eggs, brown sugar, oil and vanilla until smooth. Stir in the pumpkin. With a mixing spoon or rubber scraper, gradually add the flour mixture until blended. Drop by heaping tablespoons onto the baking sheets. Dampen your fingers with a little water and shape the pumpkin blobs so that they're kind of round.
- ☐ Bake for 12 minutes or until they appear set.
- ☐ Let cool completely. To make the filling, beat the cream cheese, softened butter and vanilla in a bowl until light and fluffy.
- ☐ Mix in sugar and beat until smooth.
- ☐ Add the marshmallow fluff and beat until smooth. Spoon a heaping spoonful of filling between two cool cookies.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:15.29, Inflammation Score:-10, Nutrition Score:11.575652174328%

Nutrients (% of daily need)

Calories: 500.29kcal (25.01%), Fat: 13.56g (20.86%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 91.93g (30.64%), Net Carbohydrates: 90.25g (32.82%), Sugar: 67.43g (74.93%), Cholesterol: 52.17mg (17.39%), Sodium: 322.88mg (14.04%), Alcohol: 0.3g (100%), Alcohol %: 0.23% (100%), Protein: 4.69g (9.38%), Vitamin A: 5078.07IU (101.56%), Selenium: 12.98µg (18.55%), Manganese: 0.33mg (16.34%), Vitamin B1: 0.23mg (15.18%), Folate: 58.42µg (14.6%), Vitamin B2: 0.21mg (12.55%), Iron: 2.19mg (12.16%), Vitamin K: 11.55µg (11%), Vitamin B3: 1.79mg (8.95%), Phosphorus: 72.98mg (7.3%), Calcium: 72.14mg (7.21%), Fiber: 1.68g (6.73%), Vitamin E: 0.93mg (6.23%), Copper: 0.1mg (4.99%), Potassium: 161.04mg (4.6%), Magnesium: 18.35mg (4.59%), Vitamin B5: 0.45mg (4.48%), Vitamin B6: 0.06mg (3.04%), Zinc: 0.41mg (2.72%), Vitamin D: 0.26µg (1.76%), Vitamin C: 1.38mg (1.67%), Vitamin B12: 0.1µg (1.59%)