



Raspberry-Lemon Whoopie Pies

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



238 kcal

DESSERT

Ingredients

- 0.5 cup butter room temperature (1 stick)
- 1 cup brown sugar
- 1 tablespoon lemon zest grated
- 1 teaspoon vanilla extract pure
- 1 large eggs
- 2.3 cups flour all-purpose
- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda

- 0.5 teaspoon coarse salt
- 1 cup milk whole
- 0.8 cup cup heavy whipping cream
- 4 ounces raspberries fresh

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- hand mixer

Directions

- Preheat oven to 350 degrees. In a large bowl, using an electric mixer, beat butter, 1 cup brown sugar, and lemon zest until light and creamy.
- Add vanilla and egg and beat to combine, scraping down bowl as needed. In a medium bowl, whisk together flour, baking powder, baking soda, and salt. With mixer on low, beat in flour mixture in 3 additions, alternating with milk and ending with flour mixture (scrape bowl as needed). Beat well to combine.
- Drop batter in 2-tablespoon mounds, about 2 inches apart, onto 2 parchment-lined baking sheets.
- Bake until puffed and pale golden around edges, 17 to 19 minutes, rotating sheets halfway through.
- Let cakes cool completely on sheets on wire racks.
- In a large bowl, whip cream and 3 tablespoons brown sugar to soft peaks. In a small bowl, mash raspberries with a fork, then fold into whipped cream. Divide raspberry cream evenly among bottoms of half the cakes, then sandwich with remaining cakes.

Nutrition Facts



■ PROTEIN 5.66% ■ FAT 43.02% ■ CARBS 51.32%

Properties

Glycemic Index:18.73, Glycemic Load:10.8, Inflammation Score:-4, Nutrition Score:5.0013043984123%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 238.22kcal (11.91%), Fat: 11.5g (17.7%), Saturated Fat: 7.06g (44.15%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 29.83g (10.85%), Sugar: 15.81g (17.57%), Cholesterol: 44.07mg (14.69%), Sodium: 184.34mg (8.01%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.41g (6.81%), Selenium: 8.32µg (11.88%), Vitamin B1: 0.16mg (10.87%), Folate: 38.37µg (9.59%), Manganese: 0.19mg (9.52%), Vitamin B2: 0.16mg (9.34%), Vitamin A: 411.07IU (8.22%), Iron: 1.12mg (6.25%), Calcium: 60.79mg (6.08%), Vitamin B3: 1.2mg (6.01%), Phosphorus: 59.22mg (5.92%), Fiber: 1.04g (4.16%), Vitamin C: 2.57mg (3.11%), Vitamin D: 0.44µg (2.91%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.41mg (2.71%), Potassium: 94.2mg (2.69%), Magnesium: 10.59mg (2.65%), Vitamin B12: 0.15µg (2.49%), Copper: 0.05mg (2.26%), Zinc: 0.31mg (2.09%), Vitamin B6: 0.04mg (1.96%), Vitamin K: 1.62µg (1.54%)