



## Red Velvet Whoopie Pies

READY IN



74 min.

SERVINGS



18

CALORIES



265 kcal

DESSERT

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 3 egg whites
- 4 cups marshmallows jet-puffed
- 2 Tbsp oil
- 1 Tbsp powdered sugar
- 1 Tbsp food coloring red
- 4 oz baker's semi-sweet chocolate melted
- 0.8 cup water
- 8 oz cool whip whipped topping thawed

- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

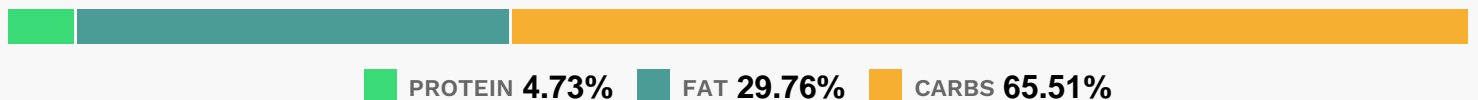
## Equipment

- bowl
- baking sheet
- oven
- blender
- toothpicks
- microwave

## Directions

- Heat oven to 350F.
- Beat first 4 ingredients in large bowl with mixer 2 min. Stir in melted chocolate and food coloring.
- Drop 2 Tbsp. batter, 2 inches apart, into 36 mounds on baking sheets sprayed with cooking spray.
- Bake 12 to 14 min. or until toothpick inserted in centers comes out almost clean. Cool on baking sheets 3 min.
- Remove to wire racks; cool completely.
- Microwave marshmallows in large microwaveable bowl on HIGH 2 min. or until melted, stirring after 1 min.; cool slightly.
- Add cream cheese; mix until blended. Gently stir in COOL WHIP.
- Spread 2 Tbsp. marshmallow mixture onto bottom side of each of 18 cookies; cover with remaining cookies to make 18 sandwiches.
- Sprinkle with sugar before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.86, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:4.0443478382152%

## Nutrients (% of daily need)

Calories: 264.68kcal (13.23%), Fat: 8.89g (13.67%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 43.18g (15.7%), Sugar: 27.68g (30.76%), Cholesterol: 6.99mg (2.33%), Sodium: 250.66mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.42mg (1.81%), Protein: 3.18g (6.36%), Phosphorus: 131.32mg (13.13%), Calcium: 83.01mg (8.3%), Selenium: 5.13µg (7.33%), Manganese: 0.14mg (7.25%), Vitamin B2: 0.11mg (6.67%), Copper: 0.12mg (6.16%), Iron: 1.02mg (5.67%), Folate: 21.42µg (5.35%), Vitamin B1: 0.07mg (4.58%), Vitamin E: 0.68mg (4.51%), Magnesium: 16.68mg (4.17%), Vitamin B3: 0.77mg (3.87%), Fiber: 0.84g (3.35%), Vitamin K: 2.87µg (2.74%), Potassium: 83.56mg (2.39%), Zinc: 0.35mg (2.35%), Vitamin A: 97.08IU (1.94%), Vitamin B5: 0.15mg (1.5%)