



## Red Velvet Whoopie Pies

 Vegetarian

READY IN



85 min.

SERVINGS



18

CALORIES



330 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2.5 cups confectioners' sugar sifted
- ☐ 8 ounces cream cheese at room temperature
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 0.5 ounce chocolate   chopped
- ☐ 1 tablespoon food coloring   red
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce bittersweet chocolate   chopped
- ☐ 0.5 cup cup heavy whipping cream   sour
- ☐ 3 tablespoons butter   unsalted at room temperature
- ☐ 12 tablespoons butter   unsalted melted
- ☐ 0.3 cup cocoa powder   unsweetened
- ☐ 1 vanilla pod   halved lengthwise
- ☐ 0.5 teaspoon vanilla extract

## Equipment

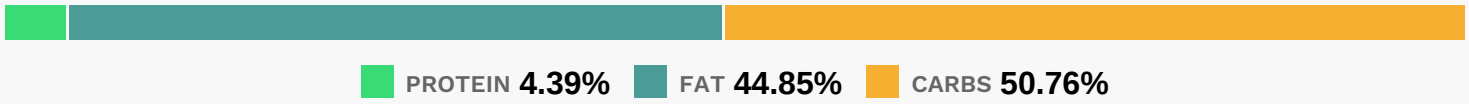
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ microwave

## Directions

- ☐ Make the cookies: Preheat the oven to 375 degrees F. Line 2 large baking sheets with parchment paper.
- ☐ Combine the semisweet and milk chocolate in a microwave-safe bowl and microwave at 50 percent power until melted, about 2 minutes.
- ☐ Whisk until smooth.
- ☐ Whisk the melted butter, sour cream, eggs, vinegar, vanilla and food coloring in a bowl until combined. In another bowl, whisk the flour, sugar, cocoa powder, baking powder, baking soda and salt.

- ☐ Add the flour mixture to the butter mixture in four equal batches, whisking each batch completely before adding the next. Stir in the melted chocolate.
- ☐ Scoop heaping tablespoonfuls of batter onto the prepared baking sheets and smooth the tops with a damp finger.
- ☐ Bake until the cookies spring back when lightly pressed, 8 to 10 minutes.
- ☐ Let cool 10 minutes on the baking sheets, then transfer to racks to cool completely.
- ☐ Meanwhile, make the filling: Beat the cream cheese and butter with a mixer until smooth. Beat in the confectioners' sugar and vanilla seeds. Sandwich a heaping tablespoonful of filling between 2 cookies; repeat with the remaining cookies and filling. Refrigerate 30 minutes before serving.
- ☐ Photograph by Kate Mathis

## Nutrition Facts



## Properties

Glycemic Index:19.26, Glycemic Load:16.87, Inflammation Score:-4, Nutrition Score:4.9747826045622%

## Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 329.96kcal (16.5%), Fat: 16.83g (25.89%), Saturated Fat: 9.98g (62.39%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 41.83g (15.21%), Sugar: 29.17g (32.41%), Cholesterol: 62.34mg (20.78%), Sodium: 178.95mg (7.78%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Caffeine: 4.62mg (1.54%), Protein: 3.71g (7.41%), Selenium: 8.93µg (12.76%), Vitamin A: 531.36IU (10.63%), Vitamin B2: 0.16mg (9.25%), Manganese: 0.18mg (9.19%), Vitamin B1: 0.13mg (8.75%), Folate: 33.48µg (8.37%), Phosphorus: 72.81mg (7.28%), Iron: 1.2mg (6.65%), Calcium: 56.1mg (5.61%), Copper: 0.1mg (5.17%), Vitamin B3: 0.99mg (4.97%), Fiber: 1.03g (4.14%), Magnesium: 15.89mg (3.97%), Vitamin E: 0.48mg (3.22%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.27mg (2.68%), Potassium: 82.3mg (2.35%), Vitamin D: 0.29µg (1.91%), Vitamin B12: 0.11µg (1.89%), Vitamin B6: 0.03mg (1.43%), Vitamin K: 1.43µg (1.37%)