



Red Velvet Whoopie Pies

 Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



603 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake
- 0.5 cup water
- 0.5 cup vegetable oil
- 3 eggs
- 2 tablespoons food coloring red
- 1 box peach pie filling instant (4-serving size)
- 1 cup butter softened
- 2 cups marshmallow creme

- 1.5 cups powdered sugar
- 1 teaspoon vanilla
- 0.5 cup blueberries fresh
- 0.5 cup raspberries fresh

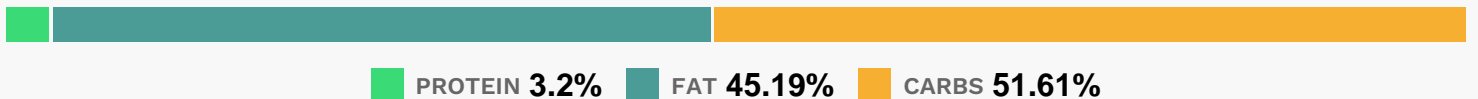
Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Heat oven to 350°F. Line cookie sheets with cooking parchment paper or lightly spray with cooking spray.
- In large bowl, beat cookie ingredients with electric mixer on low speed until moistened; beat 1 minute longer on high speed. Drop batter by 1/4 cupfuls 2 inches apart onto cookie sheets.
- Bake 13 to 16 minutes or until set (do not overbake). Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- In large bowl, beat filling ingredients with electric mixer on high speed until light and fluffy. For each sandwich cookie pie, spread about 1/4 cup filling on bottom of 1 cooled cookie. Top with blueberries, raspberries and second cookie, bottom side down. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:7.928695689077%

Flavonoids

Cyanidin: 3.75mg, Cyanidin: 3.75mg, Cyanidin: 3.75mg, Cyanidin: 3.75mg Petunidin: 2.61mg, Petunidin: 2.61mg, Petunidin: 2.61mg, Petunidin: 2.61mg Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg Malvidin: 5.57mg, Malvidin: 5.57mg, Malvidin: 5.57mg, Malvidin: 5.57mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.68mg, Peonidin: 1.68mg, Peonidin: 1.68mg, Peonidin: 1.68mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 603.44kcal (30.17%), Fat: 31.68g (48.74%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 81.39g (27.13%), Net Carbohydrates: 79.61g (28.95%), Sugar: 56.54g (62.82%), Cholesterol: 54.56mg (18.19%), Sodium: 655.97mg (28.52%), Alcohol: 0.15g (100%), Alcohol %: 0.11% (100%), Caffeine: 5.28mg (1.76%), Protein: 5.05g (10.1%), Vitamin A: 989.51IU (19.79%), Phosphorus: 167.4mg (16.74%), Selenium: 10.6µg (15.14%), Iron: 2.5mg (13.88%), Vitamin E: 1.77mg (11.81%), Copper: 0.22mg (10.86%), Folate: 38.8µg (9.7%), Vitamin B2: 0.16mg (9.61%), Manganese: 0.19mg (9.26%), Calcium: 90.59mg (9.06%), Vitamin K: 8.43µg (8.03%), Fiber: 1.78g (7.14%), Magnesium: 27.22mg (6.81%), Vitamin B1: 0.1mg (6.35%), Potassium: 206.74mg (5.91%), Vitamin B3: 0.86mg (4.3%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 2.6mg (3.15%), Vitamin B6: 0.05mg (2.7%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.29µg (1.96%)