



Red Velvet Whoopie Pies

 Vegetarian

READY IN



300 min.

SERVINGS



13

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup buttermilk well-shaken
- ☐ 2 cups powdered sugar
- ☐ 8 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 ounce food coloring red (2 tablespoons)

- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 3 tablespoons cocoa powder unsweetened (natural) (not Dutch process)
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vinegar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ice cream scoop

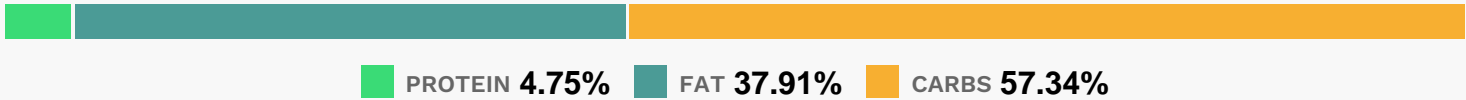
Directions

- ☐ Preheat oven to 350°F with racks in upper and lower third. Line two baking sheets with parchment paper.
- ☐ Whisk together flour, cocoa powder, baking soda, and salt in a bowl.
- ☐ Beat butter, oil, and sugar with an electric mixer until combined well, about 2 minutes. Beat in egg, vanilla, and vinegar.
- ☐ Reduce speed to low and alternately mix in flour and buttermilk in batches, beginning and ending with the flour until combined.
- ☐ Add the red food coloring and mix on low speed until thoroughly combined.
- ☐ Spoon 2 tablespoon mounds of batter 2-inches apart on lined baking sheets.
- ☐ Bake, switching positions of baking sheets halfway through baking, until rounds are puffed and set, 8 to 10 minutes.
- ☐ Slide parchment with rounds onto wire racks to cool completely.

- ☐
- Beat together cream cheese, butter, lemon juice, vanilla, salt, and sugar until creamy, 1 to 2 minutes.
- ☐
- Spread about 2 tablespoons of filling on flat-side of half the rounds; top with remaining rounds, flat side down, to form whoopie pies.
- ☐
- To get perfectly round whoopie pies, use a 2 tablespoon ice cream scoop with the cake batter.

•Store whoopie pies, chilled, in an airtight container, the layers separated between sheets of parchment paper, for up to 3 days. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:21.8, Inflammation Score:-4, Nutrition Score:5.3856521352478%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 346.83kcal (17.34%), Fat: 14.9g (22.93%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 49.78g (18.1%), Sugar: 34.78g (38.65%), Cholesterol: 42.67mg (14.22%), Sodium: 139.27mg (6.06%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 4.2g (8.41%), Selenium: 10.07µg (14.39%), Vitamin B1: 0.16mg (10.9%), Vitamin B2: 0.18mg (10.87%), Folate: 39.76µg (9.94%), Manganese: 0.18mg (9.06%), Vitamin K: 8.52µg (8.11%), Vitamin A: 384.49IU (7.69%), Phosphorus: 67.09mg (6.71%), Iron: 1.16mg (6.47%), Vitamin B3: 1.19mg (5.97%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (4.18%), Calcium: 39.05mg (3.91%), Fiber: 0.95g (3.79%), Magnesium: 13.38mg (3.35%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.4mg (2.7%), Potassium: 85.43mg (2.44%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.3µg (2.02%), Vitamin B6: 0.03mg (1.55%)