



Red Velvet Whoopie Pies with Cream Cheese Filling

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



14

CALORIES



152 kcal

DESSERT

Ingredients

- 2 tablespoons butter softened
- 0.5 cup granulated sugar
- 2 tablespoons cocoa powder unsweetened
- 1 eggs
- 0.3 cup milk
- 1 teaspoon vanilla
- 2 teaspoons food coloring red

- 4 oz cream cheese softened (half of 8-oz package)
- 0.3 cup butter softened
- 0.5 teaspoon vanilla
- 1.3 cups powdered sugar
- 1.5 cups frangelico

Equipment

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

Directions

- Heat oven to 350°F. Line 2 large cookie sheets with cooking parchment paper.
- In medium bowl, beat 2 tablespoons butter and the granulated sugar with electric mixer on low speed until light and fluffy.
- Add remaining cookie ingredients. Beat on medium speed 4 minutes, scraping bowl occasionally, until smooth. Onto cookie sheets, drop 28 slightly rounded tablespoonfuls of dough at least 2 inches apart.
- Bake 8 to 10 minutes or until tops spring back when lightly touched. Cool 2 minutes.
- Remove from cookie sheets to cooling racks; cool completely.
- In medium bowl, beat cream cheese, 1/4 cup butter and 1/2 teaspoon vanilla with electric mixer on low speed until well combined. Slowly add powdered sugar, beating on low speed until incorporated. Increase speed to medium; beat 1 minute.
- For each whoopie pie, spread 1 generous tablespoon filling on bottom of 1 cookie; place second cookie, bottom side down, on filling. Store in refrigerator.
- Sprinkle with additional powdered sugar, if desired.

Nutrition Facts



■ PROTEIN 3.27% ■ FAT 47.92% ■ CARBS 48.81%

Properties

Glycemic Index:16.79, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:1.425652174846%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 151.78kcal (7.59%), Fat: 8.3g (12.77%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 18.76g (6.82%), Sugar: 18.27g (20.3%), Cholesterol: 33.58mg (11.19%), Sodium: 71.5mg (3.11%), Alcohol: 0.15g (100%), Alcohol %: 0.44% (100%), Protein: 1.28g (2.55%), Vitamin A: 286.44IU (5.73%), Selenium: 2.04µg (2.92%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 27.48mg (2.75%), Calcium: 19.36mg (1.94%), Vitamin E: 0.25mg (1.64%), Copper: 0.03mg (1.62%), Manganese: 0.03mg (1.56%), Vitamin B12: 0.09µg (1.46%), Magnesium: 5.54mg (1.39%), Vitamin B5: 0.12mg (1.25%), Zinc: 0.16mg (1.07%), Potassium: 37.04mg (1.06%), Fiber: 0.26g (1.06%)