

Whoopie pies

READY IN



45 min.

SERVINGS



10

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 300 g self raising flour
- ☐ 50 g cocoa powder
- ☐ 2 tsp baking soda
- ☐ 175 g brown sugar light soft
- ☐ 1 eggs
- ☐ 75 ml unrefined sunflower oil
- ☐ 150 ml buttermilk
- ☐ 1 tub fluffy frosting
- ☐ 10 servings sprinkles

- ☐ 100 g powdered sugar
- ☐ 100 ml double cream

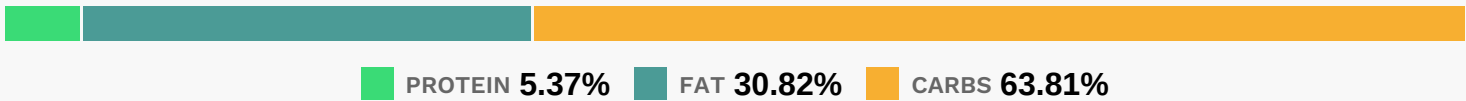
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line baking trays with parchment.
- ☐ Mix flour, cocoa, bicarb, sugar and a pinch of salt.
- ☐ Whisk the egg, oil and buttermilk together, then mix into dry ingredients with 75ml boiling water. Spoon 20 spoonfuls onto trays, well spaced.
- ☐ Bake for 12 mins or until firm to touch, peel off trays. Cool.
- ☐ For the glaze, sift icing sugar and cocoa into a small pan. Gradually stir in cream followed by 100ml boiling water.
- ☐ Heat gently until syrupy.
- ☐ Sandwich 2 cakes together with the frosting, spoon over some glaze and decorate with sprinkles.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:17.83, Inflammation Score:-3, Nutrition Score:7.1026086732745%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 428.58kcal (21.43%), Fat: 15.11g (23.25%), Saturated Fat: 4.74g (29.59%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 67.84g (24.67%), Sugar: 44.66g (49.62%), Cholesterol: 29.41mg (9.8%), Sodium: 305.48mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 5.92g (11.85%), Manganese: 0.44mg (22.15%), Vitamin E: 3.3mg (21.98%), Selenium: 15.12µg (21.61%), Copper: 0.26mg (13.06%), Fiber: 2.57g (10.28%), Phosphorus: 96.14mg (9.61%), Magnesium: 36.9mg (9.22%), Vitamin B2: 0.13mg (7.85%), Iron: 1.21mg (6.7%), Calcium: 52.49mg (5.25%), Zinc: 0.75mg (4.99%), Potassium: 169.73mg (4.85%), Folate: 15.87µg (3.97%), Vitamin A: 197.34IU (3.95%), Vitamin B5: 0.32mg (3.25%), Vitamin D: 0.45µg (2.98%), Vitamin B1: 0.04mg (2.67%), Vitamin K: 2.53µg (2.41%), Vitamin B3: 0.48mg (2.39%), Vitamin B12: 0.13µg (2.09%), Vitamin B6: 0.04mg (2.03%)