

## Whoopie Pies

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

### Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup buttermilk well-shaken
- ☐ 1.3 cups confectioners sugar
- ☐ 0.5 cup dutch-process cocoa powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups marshmallow cream such as marshmallow fluff



- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wax paper
- ☐ spatula

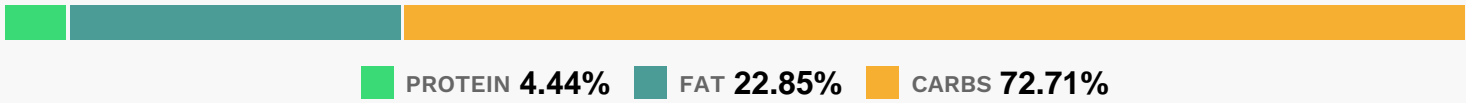
## Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together flour, cocoa, baking soda, and salt in a bowl until combined. Stir together buttermilk and vanilla in a small bowl.
- ☐ Beat together butter and brown sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a standing mixer or 5 minutes with a handheld, then add egg, beating until combined well. Reduce speed to low and alternately mix in flour mixture and buttermilk in batches, beginning and ending with flour, scraping down side of bowl occasionally, and mixing until smooth.
- ☐ Spoon 1/4-cup mounds of batter about 2 inches apart onto 2 buttered large baking sheets.
- ☐ Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until tops are puffed and cakes spring back when touched, 11 to 13 minutes.
- ☐ Transfer with a metal spatula to a rack to cool completely.
- ☐ Beat together butter, confectioners sugar, marshmallow, and vanilla in a bowl with electric mixer at medium speed until smooth, about 3 minutes.
- ☐ Spread a rounded tablespoon filling on flat sides of half of cakes and top with remaining cakes.



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- Cakes can be made 3 days ahead and kept, layered between sheets of wax paper, in an airtight container at room temperature.
  - Filling can be made 4 hours ahead and kept, covered, at room temperature.

## Nutrition Facts



### Properties

Glycemic Index:13.25, Glycemic Load:17.71, Inflammation Score:-5, Nutrition Score:9.155217429866%

### Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 531.93kcal (26.6%), Fat: 14.14g (21.75%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 101.22g (33.74%), Net Carbohydrates: 98.38g (35.78%), Sugar: 66.28g (73.64%), Cholesterol: 57.05mg (19.02%), Sodium: 513.49mg (22.33%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 12.36mg (4.12%), Protein: 6.19g (12.37%), Manganese: 0.44mg (22.16%), Selenium: 14.98µg (21.4%), Vitamin B1: 0.27mg (17.79%), Folate: 64.05µg (16.01%), Vitamin B2: 0.26mg (15.08%), Iron: 2.53mg (14.04%), Copper: 0.28mg (13.89%), Phosphorus: 115.61mg (11.56%), Fiber: 2.83g (11.33%), Vitamin B3: 2.03mg (10.16%), Magnesium: 40.27mg (10.07%), Vitamin A: 437.8IU (8.76%), Calcium: 76.22mg (7.62%), Potassium: 205.42mg (5.87%), Zinc: 0.8mg (5.36%), Vitamin D: 0.73µg (4.85%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.22µg (3.63%), Vitamin E: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 1.33µg (1.27%)