



Whoopie Pies V

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white

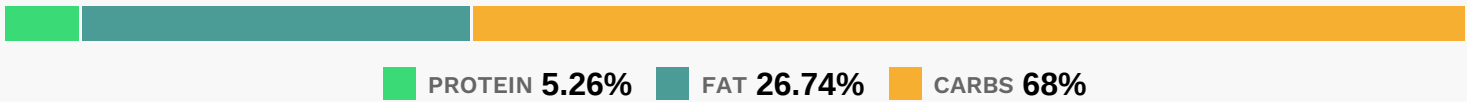
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
- ☐ In a medium bowl, cream the butter and sugar.
- ☐ Add eggs and vanilla; mix until fluffy. Sift together the flour, cocoa, and salt; stir into the creamed mixture alternately with the milk. Drop by teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes.
- ☐ Meanwhile ... you can make the filling. In a medium bowl, cream the 1/2 cup of butter, 2 cups of confectioners' sugar, vanilla, and salt, until fluffy. When the cookies are cooled, make into sandwiches with the filling and freeze for 1 hour.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:1.373478272039%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.5kcal (3.93%), Fat: 2.39g (3.68%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 13.35g (4.85%), Sugar: 9.33g (10.37%), Cholesterol: 12.51mg (4.17%), Sodium: 20.91mg (0.91%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.06g (2.12%), Selenium: 2.58µg (3.68%), Vitamin B1: 0.05mg (3%), Manganese: 0.06mg (2.84%), Folate: 10.63µg (2.66%), Vitamin B2: 0.05mg (2.65%), Iron: 0.35mg

(1.95%), Phosphorus: 18.78mg (1.88%), Vitamin B3: 0.33mg (1.63%), Vitamin A: 77.23IU (1.54%), Copper: 0.03mg (1.47%), Fiber: 0.33g (1.33%), Magnesium: 4.63mg (1.16%)