



Whoopie Pies VI

READY IN



45 min.

SERVINGS



12

CALORIES



337 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 1 cup confectioners' sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup marshmallow crème
- 0.8 cup milk
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 1 cup sugar white

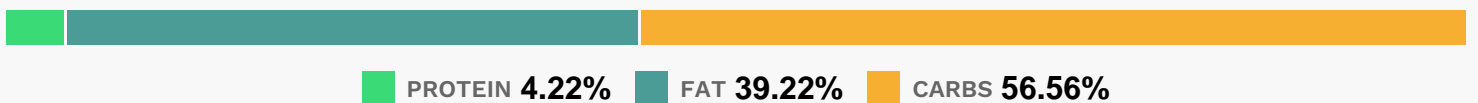
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a medium bowl, stir together the flour, baking soda, salt, cocoa and sugar.
- Add the egg, oil and milk, stir until smooth and well blended. Drop by tablespoons 3 inches apart, onto the prepared cookie sheets.
- Bake for 10 to 12 minutes in the preheated oven. Cool before removing from baking sheets.
- To make the filling, combine the butter, confectioners' sugar, marshmallow creme and vanilla, in a bowl. Beat with an electric mixer until smooth.
- Spread filling between two cooled cookies.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:23.41, Inflammation Score:-3, Nutrition Score:5.7130434616752%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 337.35kcal (16.87%), Fat: 15.15g (23.3%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 47.7g (17.35%), Sugar: 30.56g (33.96%), Cholesterol: 35.81mg (11.94%), Sodium: 212.78mg (9.25%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.66g (7.33%), Selenium: 9.07µg (12.96%), Manganese: 0.24mg (11.87%), Vitamin B1: 0.18mg (11.73%), Vitamin K: 11.98µg (11.41%), Folate: 40.9µg (10.22%), Vitamin B2: 0.16mg (9.12%), Iron: 1.38mg (7.67%), Vitamin B3: 1.31mg (6.53%), Phosphorus: 64.99mg (6.5%), Copper: 0.13mg (6.27%), Fiber: 1.45g (5.79%), Vitamin A: 280.87IU (5.62%), Vitamin E: 0.78mg (5.17%), Magnesium: 19mg (4.75%), Calcium: 29.6mg (2.96%), Zinc: 0.43mg (2.87%), Potassium: 89.84mg (2.57%), Vitamin B5: 0.22mg (2.21%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.39%)