

Whoopie Pies with Mint Filling and Chocolate Ganache

READY IN



180 min.

SERVINGS



15

CALORIES



303 kcal

DESSERT

Ingredients

- 2 cups flour
- 1.1 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup egg whites (from 2 large eggs)
- 2 large egg yolk
- 3 drops drop natural food coloring green
- 3 tablespoons cup heavy whipping cream
- 0.5 teaspoon peppermint extract

- 2 cups powdered sugar
- 0.5 cup semi chocolate chips
- 0.5 cup shortening unsalted room temperature
- 1 cup sugar
- 5 tablespoons cocoa powder unsweetened
- 0.3 teaspoon vanilla extract
- 1 cup milk whole

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- hand mixer
- ziploc bags
- pastry bag

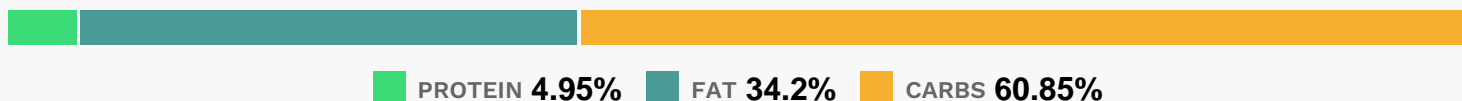
Directions

- Position rack in center of oven and preheat to 375°F. Line 2 large rimmed baking sheets with parchment paper. Sift flour, cocoa powder, baking powder, and baking soda into medium bowl. Using electric mixer, beat shortening, sugar, egg yolks, and vanilla in large bowl until well blended, about 2 minutes.
- Add flour mixture in 3 additions alternately with milk in 2 additions, beating until blended after each addition.
- Drop dough by very rounded tablespoonfuls onto prepared baking sheets, spacing 3 inches apart.
- Bake 1 sheet at a time until cookies are slightly puffed and spread but are still soft, 8 to 10 minutes. Cool on sheets 10 minutes. Carefully transfer cookies to racks and cool completely.

Repeat with remaining cookie dough. DO AHEAD: Cookies can be made 1 day ahead. Store airtight in single layer at room temperature.

- Using electric mixer, beat shortening, peppermint extract, and vanilla in large metal bowl until blended.
- Add powdered sugar, egg whites, and pinch of salt; beat until light and fluffy.
- Add foodcoloring drop by drop for desired shade of green; beat until well blended. If mixture looks curdled, place bowl over low heat several seconds and beat until smooth. Repeat as necessary until smooth.
- Line rimmed baking sheet with parchment paper. Bring cream to simmer in heavy small saucepan.
- Remove from heat.
- Add chocolate; whisk until smooth. Cool until lukewarm but spreadable, about 15 minutes.
- Spoon 1 teaspoon ganache onto bottom (flat side) of half of cookies.
- Place cookies, ganache side up, on prepared baking sheet.
- Spoon mint filling into pastry bag fitted with medium star tip (or spoon filling into resealable plastic bag, squeezing filling into 1 corner of bag, then cut off 1/4 inch of plastic bag corner to allow for piping). Starting at outer edge of bottom (flat side) of remaining cookies and working toward center, pipe mint filling in spiral.
- Place 1 mint-filled cookie, mint side down, atop each ganache-topped cookie, pressing slightly to adhere. DO AHEAD: Can be made 2 hours ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:18.87, Inflammation Score:-2, Nutrition Score:5.5413043403431%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 11.78g (18.12%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 45.59g (16.58%), Sugar: 32.17g (35.74%), Cholesterol: 30.18mg (10.06%), Sodium: 121.59mg (5.29%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Caffeine: 8.99mg (3%), Protein: 3.84g (7.67%), Manganese: 0.26mg (13.06%), Selenium: 9.05µg (12.93%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.15mg (8.99%), Folate: 34.62µg (8.66%), Copper: 0.17mg (8.37%), Iron: 1.51mg (8.37%), Phosphorus: 80.04mg (8%), Magnesium: 25.37mg (6.34%), Fiber: 1.55g (6.19%), Vitamin B3: 1.1mg (5.48%), Calcium: 51.56mg (5.16%), Vitamin K: 4.32µg (4.11%), Vitamin E: 0.56mg (3.73%), Zinc: 0.52mg (3.46%), Potassium: 114.45mg (3.27%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.35µg (2.33%), Vitamin A: 106.14IU (2.12%), Vitamin B6: 0.03mg (1.53%)