



WHATSheATE



Winslow Whoopie Pies

READY IN



45 min.

SERVINGS



12

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 1 teaspoon baking soda
- ☐ 12 servings optional: chocolate sprinkles
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons marshmallow crème
- ☐ 0.8 cup milk
- ☐ 2 tablespoons milk
- ☐ 2 cups powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shortening cooled melted
- ☐ 0.7 cup shortening
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

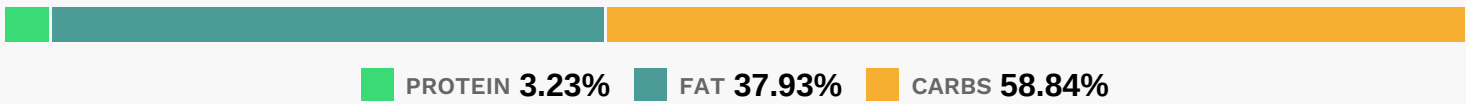
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a bowl, combine cocoa and sugar. In another bowl, beat egg and shortening; add to cocoa mixture and stir in remaining ingredients except sprinkles and ingredients for Marshmallow Filling. Drop by rounded tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 degrees for 15 minutes.
- ☐ Let cool.
- ☐ Prepare Marshmallow Frosting; combine all ingredients; stir until smooth.
- ☐ Frost the flat sides of half the cookies with Marshmallow Filling; top with remaining cookies.
- ☐ Roll edges in sprinkles, if using.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:23.45, Inflammation Score:-2, Nutrition Score:5.586086957351%

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: 442.66kcal (22.13%), Fat: 19.1g (29.39%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 66.69g (22.23%), Net Carbohydrates: 65.24g (23.72%), Sugar: 48.15g (53.5%), Cholesterol: 15.77mg (5.26%), Sodium: 129.57mg (5.63%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.66g (7.33%), Selenium: 9.09µg (12.98%), Vitamin B1: 0.18mg (12.02%), Manganese: 0.24mg (11.89%), Folate: 40.61µg (10.15%), Vitamin B2: 0.16mg (9.25%), Vitamin K: 9.27µg (8.83%), Iron: 1.4mg (7.75%), Vitamin E: 1.11mg (7.4%), Phosphorus: 65.24mg (6.52%), Vitamin B3: 1.3mg (6.52%), Copper: 0.13mg (6.31%), Fiber: 1.45g (5.79%), Magnesium: 19.11mg (4.78%), Vitamin B5: 0.34mg (3.36%), Calcium: 30.66mg (3.07%), Zinc: 0.43mg (2.88%), Potassium: 91.52mg (2.61%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.27µg (1.79%), Vitamin B6: 0.03mg (1.47%)