

Coconut Whoopie Pies with Whipped Cream Filling

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Yield: 32 whoopie pies

WHOOPIE PIES

1/2 cup shortening
1 cup sugar
1 teaspoon baking soda
1/4 teaspoon salt
1 1/4 cups buttermilk
1 egg
1 teaspoon coconut extract
3 cups all-purpose flour
1 cup flaked coconut, toasted and divided

WHIPPED CREAM FILLING

1 cup whipping cream
1/3 cup sour cream
2 tablespoons powdered sugar
1/2 teaspoon vanilla

Preparation Time: 15 minutes

Bake: 10 minutes

Preheat the oven to 350 degrees.

In a large bowl, beat the shortening with an electric mixer on medium speed for 30 seconds. Add the sugar, baking soda and salt. Beat until combined, scraping the bowl occasionally. Beat in the buttermilk, egg and coconut extract until combined. Beat in the flour and 1/2 cup of the coconut.

Line cookie sheets with parchment paper. Drop the dough from a level measuring tablespoon 2-1/2 inches apart onto the prepared cookie sheets. Bake for 10 minutes or until the edges are firm. Transfer the cookies to a wire rack to cool completely.

Meanwhile, for the filling, beat the whipping cream, sour cream, powdered sugar and vanilla in a chilled large mixing bowl until stiff peaks form.

Spread the flat sides of half of the cookies with a rounded tablespoon of the filling. Top with the remaining cookies, flat sides down. Roll the edges in the remaining 1/2 cup of toasted coconut.

Store in the refrigerator up to 24 hours.

Per Serving (excluding unknown items): 4291 Calories; 218g Fat (45.4% calories from fat); 62g Protein; 526g Carbohydrate; 10g Dietary Fiber; 583mg Cholesterol; 2322mg Sodium. Exchanges: 19 Grain(Starch); 1 Lean Meat; 2 Non-Fat Milk; 42 Fat; 14 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	4291	Vitamin B6 (mg):	.4mg
% Calories from Fat:	45.4%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	48.8%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	218g	Folacin (mcg):	634mcg
Saturated Fat (g):	94g	Niacin (mg):	22mg
Monounsaturated Fat (g):	79g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	33g	Alcohol (kcal):	6
Cholesterol (mg):	583mg	% Daily Value:	n n%
Carbohydrate (g):	526g		
Dietary Fiber (g):	10g		
Protein (g):	62g		
Sodium (mg):	2322mg		
Potassium (mg):	1225mg		
Calcium (mg):	686mg		
Iron (mg):	19mg		
Zinc (mg):	5mg		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	4443IU		
Vitamin A (r.e.):	1276 1/2RE		

Food Exchanges

Grain (Starch):	19
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	42
Other Carbohydrates:	14 1/2

Nutrition Facts

Amount Per Serving

Calories 4291 **Calories from Fat:** 1949

% Daily Values*

Total Fat 218g	335%
Saturated Fat 94g	471%
Cholesterol 583mg	194%
Sodium 2322mg	97%
Total Carbohydrates 526g	175%
Dietary Fiber 10g	40%
Protein 62g	
Vitamin A	89%
Vitamin C	8%
Calcium	69%
Iron	104%

* Percent Daily Values are based on a 2000 calorie diet.