



Apple Cinnamon-Pumpkin Bars

READY IN



95 min.

SERVINGS



16

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 15.3 oz corn muffin mix
- 3 oz cream cheese softened
- 2 eggs
- 1 teaspoon milk
- 0.3 cup powdered sugar
- 0.5 teaspoon vanilla
- 1 tablespoon vegetable oil
- 0.5 cup walnut pieces chopped

0.5 cup water

Equipment

bowl

frying pan

oven

toothpicks

Directions

Heat oven to 400F. Spray bottom only of 9-inch square pan with cooking spray. In medium bowl, stir muffin mix, pumpkin, water, oil and eggs just until blended (batter may be lumpy).

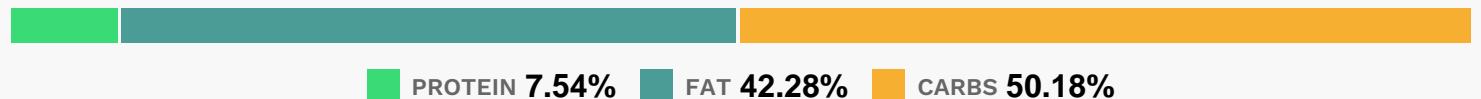
Spread in pan.

Bake 17 to 21 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

In small bowl, mix cream cheese, powdered sugar, milk and vanilla until smooth; drizzle over bars.

Sprinkle with walnuts. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:5.5921739106593%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 187.83kcal (9.39%), Fat: 8.91g (13.71%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 21.1g (7.67%), Sugar: 7.69g (8.55%), Cholesterol: 26.41mg (8.8%), Sodium: 264.14mg (11.48%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.58g (7.15%), Vitamin A: 833.64IU (16.67%), Phosphorus: 165.91mg (16.59%), Manganese: 0.25mg (12.33%), Fiber: 2.71g (10.83%), Vitamin B1: 0.13mg (8.88%), Folate: 34.81µg (8.7%), Vitamin B2: 0.13mg (7.5%), Selenium: 3.95µg (5.65%), Iron: 0.98mg (5.43%), Vitamin B3: 0.99mg (4.94%),

Copper: 0.09mg (4.66%), Vitamin B6: 0.08mg (4.01%), Magnesium: 14.9mg (3.72%), Vitamin B5: 0.36mg (3.63%), Calcium: 31.03mg (3.1%), Vitamin K: 3.15µg (3%), Zinc: 0.39mg (2.6%), Potassium: 73.7mg (2.11%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.45%)