

Baby Carrot Bars

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.5 ounces baby carrots
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 0.5 cup carrots fresh
- 2 cups powdered sugar
- 12 ounce cream cheese softened
- 2 eggs
- 1 cup flour all-purpose

- 0.8 teaspoon ground cinnamon
- 0.3 cup raisins
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 0.8 cup vegetable oil
- 0.3 cup walnut pieces chopped
- 1 cup granulated sugar white

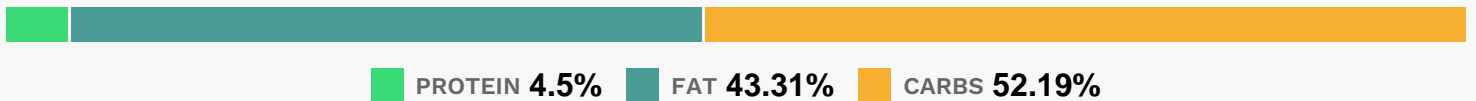
Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Mix together the sugar, cinnamon, eggs, vanilla and oil in a large bowl.
- Add in the baking soda, salt and flour. Stir in the jar of baby carrots, raw carrots, raisins and walnuts.
- Mix well.
- Bake in a greased and floured 13x9 inch pan at 350 degrees F (175 degrees C) for 20 minutes. Check after 20 minutes by inserting clean knife into center. Knife should come out clean. Cool thoroughly before cutting.
- To Make Frosting: Cream together the cream cheese, 1/4 cup butter, confectioners' sugar and vanilla. Frost cooled bars.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:15.43, Inflammation Score:-9, Nutrition Score:6.8265217050262%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 306.47kcal (15.32%), Fat: 15.05g (23.15%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 39.69g (14.43%), Sugar: 30.85g (34.28%), Cholesterol: 52.86mg (17.62%), Sodium: 269.74mg (11.73%), Alcohol: 0.18g (100%), Alcohol %: 0.22% (100%), Protein: 3.52g (7.04%), Vitamin A: 3098.99IU (61.98%), Selenium: 7.04µg (10.05%), Manganese: 0.18mg (9.08%), Vitamin B2: 0.14mg (8.38%), Folate: 26.79µg (6.7%), Vitamin K: 6.77µg (6.45%), Phosphorus: 59.91mg (5.99%), Vitamin B1: 0.09mg (5.98%), Iron: 0.8mg (4.44%), Fiber: 1.1g (4.41%), Copper: 0.08mg (3.88%), Vitamin E: 0.57mg (3.81%), Calcium: 37.38mg (3.74%), Potassium: 125.47mg (3.58%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.34mg (3.41%), Vitamin B6: 0.06mg (3.13%), Magnesium: 10.52mg (2.63%), Zinc: 0.36mg (2.37%), Vitamin B12: 0.11µg (1.81%)