



Carrot Cake Bars with Cinnamon-Cream Cheese Frosting

 **Gluten Free**

READY IN



105 min.

SERVINGS



48

CALORIES



138 kcal

DESSERT

Ingredients

- 0.8 cup water
- 1 box betty delights super carrot cake mix
- 1 cup butter softened
- 2 eggs
- 3 tablespoons milk
- 1 teaspoon ground cinnamon
- 0.5 teaspoon peppermint flavoring

- 8 oz cream cheese softened
- 0.3 cup butter softened
- 2 teaspoons milk
- 1 teaspoon vanilla
- 0.5 teaspoon ground cinnamon
- 4 cups powdered sugar

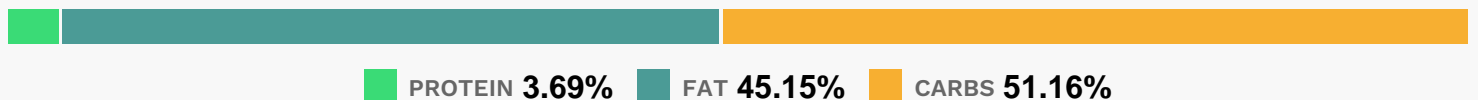
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray 15x10x1-inch pan with baking spray with flour.
- In large bowl, beat bar ingredients with electric mixer on medium speed until well blended.
- Spread evenly in pan.
- Bake 19 to 24 minutes or until top is evenly golden brown and toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In medium bowl, beat cream cheese, butter, milk, vanilla and cinnamon with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable.
- Spread frosting evenly over cooled bars. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:1.1339130451822%

Nutrients (% of daily need)

Calories: 137.83kcal (6.89%), Fat: 6.92g (10.65%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.29g (6.29%), Sugar: 13.98g (15.53%), Cholesterol: 11.73mg (3.91%), Sodium: 115.09mg (5%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.27g (2.54%), Vitamin A: 535.47IU (10.71%), Vitamin E: 0.25mg (1.63%), Calcium: 16.08mg (1.61%), Iron: 0.28mg (1.56%), Selenium: 1.05µg (1.5%), Vitamin B2: 0.03mg (1.47%), Fiber: 0.36g (1.45%), Phosphorus: 11.25mg (1.12%)