



Carrot Cake Bars with Cinnamon-Cream Cheese Frosting

READY IN



105 min.

SERVINGS



48

CALORIES



142 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 cup butter softened
- 8 oz cream cheese softened
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cinnamon
- 0.5 teaspoon peppermint flavoring
- 2 teaspoons milk

- 3 tablespoons milk
- 4 cups powdered sugar
- 1 teaspoon vanilla
- 1 box duncan hines classic decadent cake mix

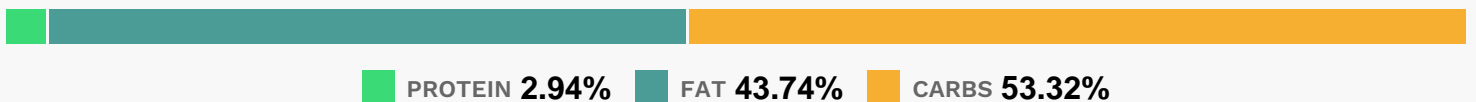
Equipment

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

Directions

- Heat oven to 350F (325F 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:-2, Nutrition Score:1.5699999832913%

Nutrients (% of daily need)

Calories: 141.71kcal (7.09%), Fat: 6.99g (10.76%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 19.03g (6.92%), Sugar: 14.56g (16.18%), Cholesterol: 11.73mg (3.91%), Sodium: 148.48mg (6.46%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.06g (2.12%), Vitamin A: 286.85IU (5.74%), Phosphorus: 47.55mg (4.75%), Calcium: 33.12mg (3.31%), Vitamin B2: 0.05mg (2.85%), Selenium: 1.98µg (2.83%), Vitamin E: 0.34mg (2.26%), Folate: 8.89µg (2.22%), Vitamin B1: 0.03mg (1.76%), Manganese: 0.03mg (1.73%), Iron: 0.26mg (1.44%), Vitamin B3: 0.27mg (1.33%)