



Carrot Raisin Bars

 Gluten Free

READY IN



100 min.

SERVINGS



48

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box betty delights super carrot cake mix
- 0.7 cup vegetable oil
- 0.3 cup water
- 2 eggs
- 0.8 cup raisins
- 0.5 cup nuts chopped
- 16 oz cream cheese frosting

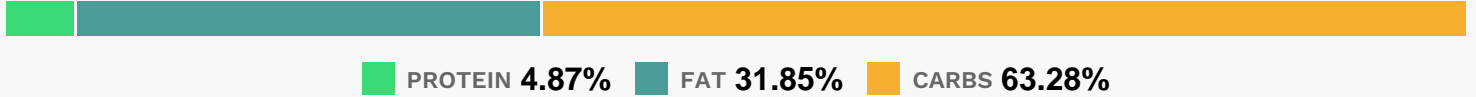
Equipment

- bowl
- frying pan
- oven
- knife
- offset spatula

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease and flour bottom and sides of 15x10x1-inch pan, or spray with baking spray with flour.
- In large bowl, mix cake mix, oil, water and eggs with spoon. Stir in raisins and nuts.
- Spread evenly in pan with metal icing spatula or dinner knife.
- Bake 20 to 24 minutes or until bars spring back when touched lightly in center. Cool completely, about 1 hour.
- Spread with frosting. For bars, cut into 8 rows by 6 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.84, Glycemic Load:1.03, Inflammation Score:-2, Nutrition Score:1.0808695638957%

Nutrients (% of daily need)

Calories: 99kcal (4.95%), Fat: 3.53g (5.43%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 15.15g (5.51%), Sugar: 9.96g (11.06%), Cholesterol: 6.82mg (2.27%), Sodium: 62.6mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin A: 258.75IU (5.18%), Fiber: 0.62g (2.47%), Iron: 0.39mg (2.19%), Manganese: 0.04mg (1.84%), Copper: 0.03mg (1.47%), Phosphorus: 12.14mg (1.21%), Magnesium: 4.48mg (1.12%), Vitamin K: 1.12µg (1.07%)