



Fantastic Pumpkin Bars

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 15 ounce pumpkin puree canned
- ☐ 1 cup canola oil
- ☐ 2 cups carrots shredded
- ☐ 2.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese room temperature

- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pineapple crushed
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1.7 cups sugar white

Equipment

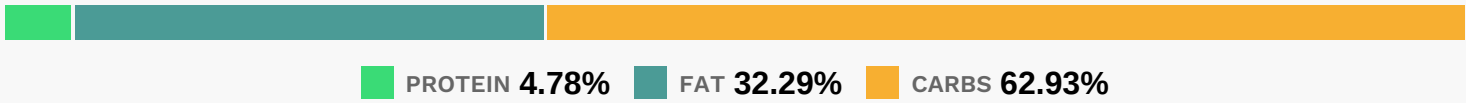
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch baking dish.
- ☐ Whisk together the flour, salt, baking soda, baking powder, cinnamon, and pumpkin pie spice in a bowl.
- ☐ Beat the eggs in a mixing bowl.
- ☐ Whisk in the white sugar, canola oil, and pumpkin puree until no lumps of pumpkin puree remain. Stir in the carrots and pineapple, then fold in the flour mixture until no lumps of flour remain.
- ☐ Pour into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool completely in the pan before cutting into squares.

While the pumpkin bars are cooling, beat the cream cheese, butter, vanilla extract, and confectioners' sugar together in a bowl until smooth. Frost the cooled bars with the cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:15.97, Inflammation Score:-10, Nutrition Score:8.3678262492885%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 242.54kcal (12.13%), Fat: 8.9g (13.69%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 37.74g (13.72%), Sugar: 29.02g (32.25%), Cholesterol: 44.35mg (14.78%), Sodium: 231.76mg (10.08%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 2.96g (5.93%), Vitamin A: 4798.86IU (95.98%), Selenium: 6.92µg (9.89%), Vitamin B2: 0.13mg (7.71%), Manganese: 0.15mg (7.26%), Vitamin B1: 0.11mg (7.24%), Folate: 28.14µg (7.03%), Vitamin K: 6.19µg (5.89%), Vitamin E: 0.84mg (5.57%), Iron: 0.99mg (5.48%), Phosphorus: 51.16mg (5.12%), Fiber: 1.28g (5.12%), Vitamin B3: 0.83mg (4.16%), Calcium: 36.92mg (3.69%), Potassium: 119.18mg (3.41%), Vitamin B5: 0.32mg (3.16%), Copper: 0.06mg (2.95%), Vitamin C: 2.32mg (2.82%), Magnesium: 11.16mg (2.79%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.09µg (1.53%)