



Pumpkin Spice Bars

READY IN



120 min.

SERVINGS



24

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box spice cake mix
- 0.5 cup butter melted
- 0.5 cup pecans finely chopped
- 4 teaspoons vanilla
- 8 oz cream cheese softened
- 0.3 cup brown sugar packed
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 eggs
- 0.5 cup chocolate white finely chopped

- 1 tablespoon butter melted
- 0.3 cup rolled oats

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. Lightly grease 13x9-inch pan with shortening or cooking spray.
- In large bowl, stir cake mix, 1/2 cup butter, the pecans and 3 teaspoons of the vanilla with fork until crumbs form. Reserve 1 cup of the crumbs in small bowl for streusel topping. Press remaining crumbs in bottom of pan.
- Bake 13 to 15 minutes or until puffy and set. Cool in pan on cooling rack 20 minutes.
- In medium bowl, beat cream cheese with electric mixer on medium speed 30 seconds or until creamy.
- Add brown sugar, pumpkin, egg and remaining 1 teaspoon vanilla; beat until blended.
- Pour filling over baked crust.
- Add white chocolate, 1 tablespoon butter and the oats to reserved 1 cup crumbs; stir well with fork.
- Sprinkle over filling.
- Bake 30 minutes or until edges begin to brown and center is set. Cool completely in pan on cooling rack.
- Cut into 6 rows by 4 rows.
- Serve at room temperature or chilled. Store in refrigerator.

Nutrition Facts



■ PROTEIN 4.24% ■ FAT 51.85% ■ CARBS 43.91%

Properties

Glycemic Index:10.29, Glycemic Load:1.55, Inflammation Score:-7, Nutrition Score:5.0934782980577%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 227.94kcal (11.4%), Fat: 13.31g (20.48%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 23.73g (8.63%), Sugar: 15.18g (16.87%), Cholesterol: 28.36mg (9.45%), Sodium: 234.82mg (10.21%), Alcohol: 0.23g (100%), Alcohol %: 0.49% (100%), Protein: 2.45g (4.9%), Vitamin A: 1205.84IU (24.12%), Manganese: 0.31mg (15.66%), Phosphorus: 84.67mg (8.47%), Iron: 1.31mg (7.28%), Vitamin B1: 0.1mg (6.68%), Fiber: 1.64g (6.55%), Vitamin B2: 0.11mg (6.47%), Copper: 0.1mg (4.94%), Calcium: 46.14mg (4.61%), Folate: 17.88µg (4.47%), Potassium: 131.56mg (3.76%), Selenium: 2.58µg (3.68%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.32mg (3.2%), Magnesium: 12.49mg (3.12%), Zinc: 0.35mg (2.33%), Vitamin B6: 0.04mg (2.21%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.31µg (2.2%), Vitamin B12: 0.06µg (1.03%)