



## Gingerbread-Pumpkin Crumble Bars

 Vegetarian

READY IN



175 min.

SERVINGS



24

CALORIES



220 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 1 Tbsp calumet baking powder
- 1 cup pumpkin canned
- 8 oz philadelphia cream cheese softened
- 2 eggs
- 2.3 cups flour
- 0.5 cup blackstrap molasses divided
- 2 tsp pumpkin pie spice divided

- 0.5 cup quick-cooking oats
- 1.3 cups sugar divided
- 1 tsp vanilla

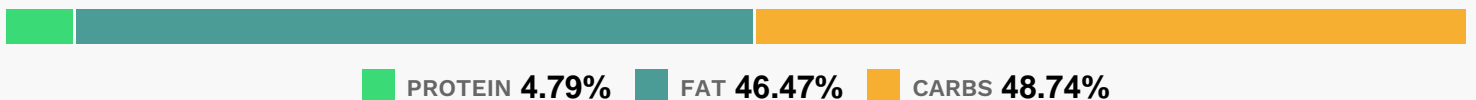
## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Mix flour, baking powder and 1 tsp. spice until blended. Beat butter, 1 cup sugar and 1/4 cup molasses in large bowl with mixer until blended. Gradually add flour mixture, mixing well after each addition.
- Remove 1 cup dough; place in medium bowl.
- Add oats; mix with fingers or fork until mixture resembles coarse crumbs. Set aside. Press remaining dough onto bottom of prepared pan.
- Beat cream cheese and remaining sugar in medium bowl with mixer until blended.
- Add pumpkin, vanilla, remaining molasses and spice; mix well. Blend in eggs; pour over crust.
- Sprinkle with reserved crumb mixture.
- Bake 30 to 35 min. or until topping is golden brown. Cool completely. Refrigerate 1 hour. Use foil handles to lift dessert from pan before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:16.96, Inflammation Score:-8, Nutrition Score:6.2669564770616%

## Nutrients (% of daily need)

Calories: 220.25kcal (11.01%), Fat: 11.59g (17.83%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 26.56g (9.66%), Sugar: 16.44g (18.27%), Cholesterol: 43.52mg (14.51%), Sodium: 152.28mg (6.62%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.69g (5.37%), Vitamin A: 1972.17IU (39.44%), Manganese: 0.3mg (15.03%), Selenium: 7.95µg (11.35%), Vitamin B1: 0.11mg (7.38%), Magnesium: 28.31mg (7.08%), Iron: 1.26mg (7%), Folate: 26.1µg (6.53%), Vitamin B2: 0.11mg (6.45%), Calcium: 63.56mg (6.36%), Phosphorus: 56.92mg (5.69%), Potassium: 163.43mg (4.67%), Vitamin B3: 0.83mg (4.14%), Copper: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.6%), Fiber: 0.79g (3.17%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.28mg (2.81%), Vitamin K: 2.63µg (2.51%), Zinc: 0.28mg (1.88%), Vitamin B12: 0.07µg (1.16%)