



Glazed Spiced Pumpkin Bars

 Dairy Free

READY IN



120 min.

SERVINGS



32

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all-bran cereal
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup orange juice
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons double-acting baking powder

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnut pieces chopped
- ☐ 1 cup powdered sugar
- ☐ 4 teaspoons orange juice

Equipment

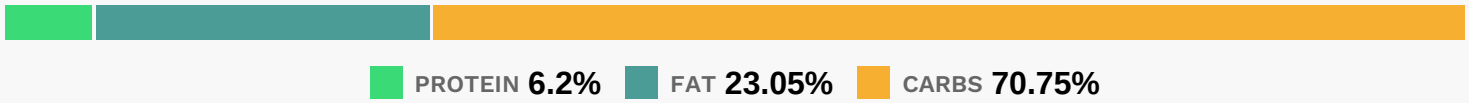
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray, or grease and flour pan.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ In large bowl, beat oil, 1/2 cup orange juice, the pumpkin and eggs with electric mixer on low speed until well blended. Stir in crushed cereal; let stand 10 minutes.
- ☐ Beat in remaining bar ingredients except walnuts on low speed until well blended. Stir in walnuts.
- ☐ Spread evenly in pan.
- ☐ Bake 35 to 40 minutes or until top springs back when touched lightly in center. Cool completely, about 1 hour.

- ☐
- In small bowl, mix powdered sugar and enough of the 4 to 6 teaspoons orange juice for desired drizzling consistency.
- ☐
- Drizzle over bars. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:12.84, Glycemic Load:10.92, Inflammation Score:-7, Nutrition Score:8.6443479112957%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.26kcal (6.61%), Fat: 3.63g (5.59%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 22.4g (8.15%), Sugar: 14.15g (15.73%), Cholesterol: 10.23mg (3.41%), Sodium: 120.83mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Manganese: 0.53mg (26.43%), Vitamin B6: 0.52mg (25.76%), Vitamin A: 1195.68IU (23.91%), Folate: 72.44µg (18.11%), Vitamin B12: 0.75µg (12.55%), Fiber: 2.69g (10.76%), Vitamin B1: 0.15mg (10.26%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 81.34mg (8.13%), Iron: 1.3mg (7.25%), Copper: 0.12mg (6.06%), Magnesium: 24.24mg (6.06%), Selenium: 3.62µg (5.18%), Vitamin B3: 1.03mg (5.17%), Zinc: 0.71mg (4.75%), Vitamin C: 3.67mg (4.44%), Calcium: 42.01mg (4.2%), Vitamin B5: 0.29mg (2.9%), Potassium: 94.55mg (2.7%), Vitamin K: 1.6µg (1.53%), Vitamin D: 0.22µg (1.48%), Vitamin E: 0.16mg (1.09%)