



## Gluten-Free Harvest Pumpkin Spice Bars

READY IN



160 min.

SERVINGS



49

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter softened
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 container cream cheese frosting
- 3 eggs
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 cup raisins
- 0.3 cup walnut pieces chopped

- 0.3 cup water
- 1 box betty crocker's cake mix gluten free yellow

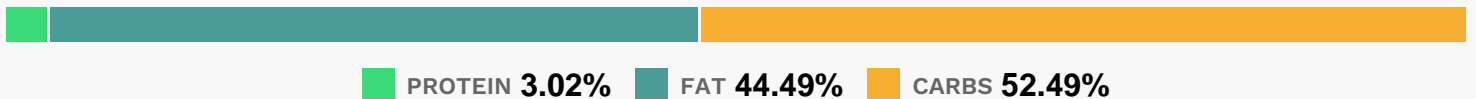
## Equipment

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

## Directions

- Heat oven to 350F. Lightly grease bottom and sides of 15x10x1-inch pan with shortening or cooking spray.
- In large bowl, beat all bar ingredients except raisins with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in raisins.
- Spread in pan.
- Bake 20 to 25 minutes or until light brown. Cool completely in pan on cooling rack, about 2 hours.
- Spread frosting over bars.
- Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:2.73, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:1.8747826024242%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

## Nutrients (% of daily need)

Calories: 80.81kcal (4.04%), Fat: 4.15g (6.39%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.01g (3.64%), Sugar: 5.9g (6.56%), Cholesterol: 15mg (5%), Sodium: 55.37mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin A: 792.95IU (15.86%), Manganese: 0.09mg (4.61%), Fiber: 1.01g (4.04%), Vitamin B2: 0.03mg (1.78%), Selenium: 1.05µg (1.51%), Vitamin B5: 0.15mg (1.48%), Phosphorus: 14.45mg (1.45%), Iron: 0.26mg (1.45%), Copper: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.38%), Potassium: 47.26mg (1.35%), Folate: 5.06µg (1.26%)