



Harvest Pumpkin-Spice Bars

READY IN



100 min.

SERVINGS



49

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 3 oz cream cheese softened
- 4 eggs
- 2 cups flour all-purpose
- 2 cups granulated sugar
- 2 teaspoons ground cinnamon

- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 2 cups powdered sugar
- 1 cup raisins
- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 0.5 cup walnut pieces chopped

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. In large bowl, beat eggs, granulated sugar, oil and pumpkin until smooth. Stir in flour, baking powder, cinnamon, baking soda, salt, ginger and cloves. Stir in raisins.
- Spread in pan.
- Bake 25 to 30 minutes or until light brown. Cool completely in pan on cooling rack, about 2 hours.
- In medium bowl, beat cream cheese, butter and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable.
- Spread frosting over bars.
- Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store in refrigerator.

Nutrition Facts



■ PROTEIN 4.51% ■ FAT 27.54% ■ CARBS 67.95%

Properties

Glycemic Index:7.1, Glycemic Load:9.85, Inflammation Score:-5, Nutrition Score:3.0021739692792%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 125.45kcal (6.27%), Fat: 3.96g (6.09%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.78g (7.56%), Sugar: 13.07g (14.53%), Cholesterol: 15.11mg (5.04%), Sodium: 107.72mg (4.68%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.46g (2.91%), Vitamin A: 818.58IU (16.37%), Manganese: 0.15mg (7.37%), Fiber: 1.19g (4.76%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.07mg (3.9%), Folate: 15.5µg (3.88%), Vitamin B1: 0.05mg (3.39%), Iron: 0.54mg (3.01%), Phosphorus: 28.77mg (2.88%), Copper: 0.05mg (2.27%), Calcium: 20.79mg (2.08%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.39mg (1.94%), Vitamin B6: 0.04mg (1.78%), Vitamin K: 1.77µg (1.69%), Potassium: 56.15mg (1.6%), Magnesium: 6.09mg (1.52%), Vitamin E: 0.19mg (1.25%), Zinc: 0.16mg (1.07%)