



Maple-Pumpkin Pie Bars

READY IN



95 min.

SERVINGS



24

CALORIES



205 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter melted
- 15 ounce pumpkin canned
- 8 ounce philadelphia cream cheese softened
- 4 eggs divided
- 0.1 teaspoon ground cinnamon
- 3 tablespoons maple syrup
- 0.3 cup milk
- 3.4 ounce jell-o pumpkin spice flavor pudding instant

- 1 envelope dream whip whipped topping mix
- 1 package duncan hines classic decadent cake mix yellow (2-layer size)

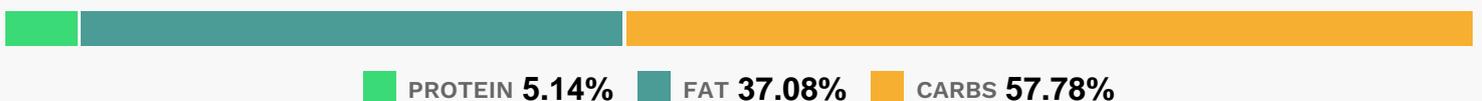
Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- toothpicks
- aluminum foil

Directions

- Heat oven to 350 degrees F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray.
- Mix cake mix, 1 egg and butter until blended; press onto bottom of prepared pan.
- Beat cream cheese, brown sugar, remaining eggs, pumpkin and dry pudding mix with mixer until blended; pour over crust.
- Bake 40 min. or until toothpick inserted in center comes out clean; cool 10 min. Use foil handles to transfer dessert to wire rack; cool completely.
- Meanwhile, mix whipped topping mix, milk and syrup in large bowl with mixer on low speed until blended. Beat on high speed 4 min. or until mixture forms stiff peaks. Refrigerate until ready to use.
- Spread whipped topping mixture onto dessert and sprinkle with cinnamon before cutting into bars to serve.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:6.4539130744727%

Nutrients (% of daily need)

Calories: 205.25kcal (10.26%), Fat: 8.52g (13.1%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 29.08g (10.57%), Sugar: 19.3g (21.45%), Cholesterol: 37.23mg (12.41%), Sodium: 245.26mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin A: 3098.75IU (61.97%), Phosphorus: 102.34mg (10.23%), Vitamin B2: 0.15mg (8.99%), Calcium: 75.58mg (7.56%), Manganese: 0.13mg (6.65%), Selenium: 3.9µg (5.57%), Folate: 21.17µg (5.29%), Iron: 0.87mg (4.83%), Vitamin E: 0.69mg (4.62%), Vitamin B1: 0.06mg (4.21%), Vitamin K: 3.69µg (3.52%), Vitamin B5: 0.34mg (3.38%), Fiber: 0.78g (3.11%), Vitamin B3: 0.59mg (2.95%), Potassium: 88.1mg (2.52%), Vitamin B6: 0.05mg (2.43%), Magnesium: 9.46mg (2.36%), Vitamin B12: 0.13µg (2.18%), Copper: 0.04mg (2.18%), Zinc: 0.26mg (1.75%), Vitamin D: 0.18µg (1.23%)