



## Mini Pumpkin Spice Bars



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



24

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 17.5 oz pumpkin pie spice
- ☐ 1 cup butter melted
- ☐ 3 eggs
- ☐ 16 oz cream cheese frosting
- ☐ 0.5 cup walnut pieces chopped

## Equipment

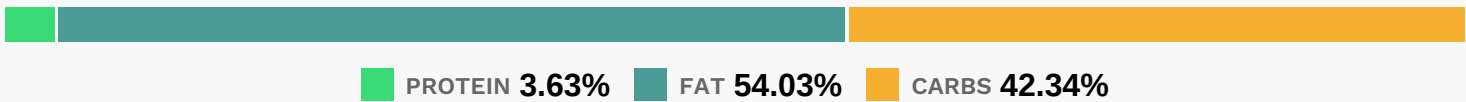
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9-inch square pan with cooking spray. In medium bowl, stir cookie mix, butter and eggs until well blended.
- ☐ Spread in pan.
- ☐ Bake 33 to 38 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ Spread with frosting.
- ☐ Sprinkle with walnuts. For bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:0.83, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:10.035217373267%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 15.6g (24%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 24.28g (8.83%), Sugar: 13.7g (15.22%), Cholesterol: 20.46mg (6.82%), Sodium: 143.9mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 3.36mg (168.12%), Iron: 4.27mg (23.73%), Calcium: 149.85mg (14.99%), Fiber: 3.22g (12.89%), Vitamin A: 422.46IU (8.45%), Magnesium: 33.29mg (8.32%), Copper: 0.15mg (7.33%), Vitamin C: 4.89mg (5.92%), Vitamin K: 5.95µg (5.67%), Selenium: 3.82µg (5.46%), Vitamin B6: 0.11mg (5.3%), Vitamin E: 0.77mg (5.11%), Potassium: 165.98mg (4.74%), Phosphorus: 46.46mg (4.65%), Zinc: 0.64mg (4.27%), Vitamin B2: 0.06mg (3.63%), Vitamin B1: 0.04mg (2.57%), Folate: 10.03µg (2.51%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.11mg (1.07%)