



## Orange-Spice Pumpkin Bars with Browned Butter Frosting

READY IN



125 min.

SERVINGS



48

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 2 teaspoons orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable oil

- ☐ 0.5 cup orange juice
- ☐ 1 cup pumpkin pie filling/mix   canned (not pumpkin pie mix)
- ☐ 2   eggs
- ☐ 0.3 cup butter   (do not use margarine)
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 2 tablespoons milk

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 15x10x1-inch pan with shortening; lightly flour (or spray with baking spray with flour).
- ☐ In large bowl, beat bar ingredients with electric mixer on low speed, scraping bowl occasionally, until moistened. Beat on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Spread batter evenly in pan.
- ☐ Bake 23 to 27 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In 2-quart saucepan, heat butter over medium heat, stirring constantly, until light golden brown.
- ☐ Remove from heat. Stir in powdered sugar, vanilla and enough milk until smooth and spreadable. Immediately spread frosting over cooled bars. Refrigerate about 15 minutes or until set. For bars, cut into 8 rows by 6 rows. If desired, garnish each bar with orange peel strip.

# Nutrition Facts



## Properties

Glycemic Index:6.81, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:1.9830434866573%

## Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 88.4kcal (4.42%), Fat: 2.01g (3.09%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.5g (6%), Sugar: 11.41g (12.67%), Cholesterol: 6.89mg (2.3%), Sodium: 82.33mg (3.58%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 0.89g (1.78%), Vitamin A: 539.8IU (10.8%), Manganese: 0.07mg (3.64%), Selenium: 2.48µg (3.54%), Folate: 13.2µg (3.3%), Vitamin B1: 0.05mg (3.04%), Vitamin B2: 0.05mg (2.67%), Fiber: 0.63g (2.54%), Iron: 0.38mg (2.11%), Vitamin C: 1.62mg (1.97%), Vitamin B3: 0.34mg (1.72%), Phosphorus: 16.99mg (1.7%), Calcium: 16.04mg (1.6%), Vitamin B5: 0.12mg (1.24%)