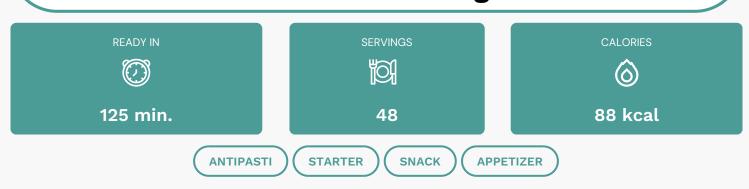


# Orange-Spice Pumpkin Bars with Browned Butter Frosting



## Ingredients

2 cups flour all-purpose

| 1.5 | cups granulated sugar                |
|-----|--------------------------------------|
| 2 t | easpoons double-acting baking powder |
| 1 t | easpoon baking soda                  |
| 2 t | easpoons pumpkin pie spice           |
| 2 t | easpoons orange zest grated          |
| 0.3 | 3 teaspoon salt                      |
|     | 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  |
| Eq         | uipment   |
|            | 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**

PROTEIN 3.94% FAT 20.08% CARBS 75.98%

#### **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, 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%)