



Pumpkin Bars

READY IN



45 min.

SERVINGS



48

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 15 ounce pumpkin canned
- 2 cups confectioners' sugar sifted
- 8 ounce cream cheese softened
- 4 eggs
- 2 cups flour all-purpose sifted
- 1.7 cups granulated sugar

- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

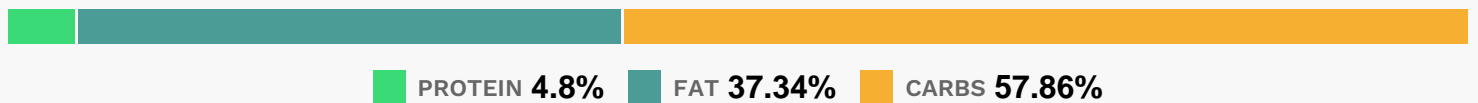
Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Preheat the oven to 350 degrees F.
- Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda.
- Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth.
- Spread the batter into a greased 13 by 10-inch baking pan.
- Bake for 30 minutes.
- Let cool completely before frosting.
- Cut into bars.
- Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth.
- Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again.
- Spread on cooled pumpkin bars.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:3.1730434777944%

Nutrients (% of daily need)

Calories: 115.5kcal (5.78%), Fat: 4.89g (7.52%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.33g (13.7%), Cholesterol: 18.41mg (6.14%), Sodium: 131.99mg (5.74%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.41g (2.83%), Vitamin A: 1546.84IU (30.94%), Selenium: 3.41µg (4.87%), Vitamin B2: 0.06mg (3.61%), Manganese: 0.07mg (3.28%), Folate: 12.77µg (3.19%), Vitamin K: 3.24µg (3.09%), Vitamin B1: 0.05mg (3.06%), Iron: 0.47mg (2.59%), Phosphorus: 25.3mg (2.53%), Vitamin E: 0.33mg (2.17%), Calcium: 21.22mg (2.12%), Fiber: 0.44g (1.77%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.14mg (1.44%), Copper: 0.02mg (1.09%), Magnesium: 4.23mg (1.06%), Potassium: 36.88mg (1.05%)