

Pumpkin Bars

 Gluten Free

READY IN



165 min.

SERVINGS



48

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups granulated sugar
- ☐ 0.5 cup vegetable oil
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 4 eggs beaten
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup raisins
- ☐ 3 oz cream cheese softened

- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon milk
- ☐ 1 teaspoon vanilla
- ☐ 2 cups powdered sugar
- ☐ 2 cups frangelico

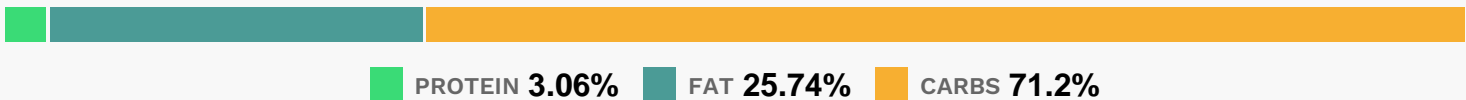
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 15x10x1-inch pan with shortening or cooking spray.
- ☐ In large bowl, beat all bar ingredients except raisins with electric mixer on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in raisins.
- ☐ Pour into pan.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 2 hours.
- ☐ In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar on low speed until smooth.
- ☐ Spread over bars. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:6.49, Inflammation Score:-5, Nutrition Score:1.836521708447%

Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 2.74g (4.21%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 16.16g (5.88%), Sugar: 13.31g (14.79%), Cholesterol: 15.47mg (5.16%), Sodium: 67.6mg (2.94%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 0.73g (1.47%), Vitamin A: 835.87IU (16.72%), Fiber: 0.88g (3.53%), Manganese: 0.06mg (2.8%), Vitamin B2: 0.04mg (2.22%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.17mg (1.71%), Phosphorus: 15.01mg (1.5%), Folate: 5.05µg (1.26%), Vitamin B6: 0.02mg (1.23%), Iron: 0.21mg (1.19%)