

# Pumpkin Bars IV

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



48

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 15 ounce pumpkin puree canned
- 4 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 1 cup vegetable oil
- 2 cups sugar white

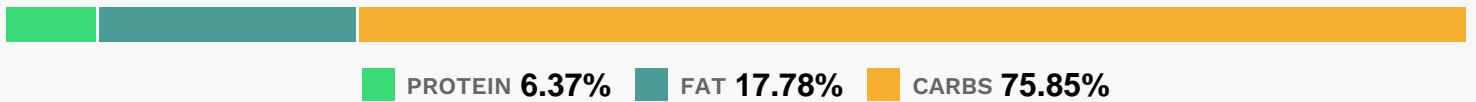
## Equipment

- bowl
- frying pan
- oven
- wooden spoon

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 12x18 inch half sheet pan.
- In a large bowl, using a wooden spoon, mix together the eggs, oil, sugar and pumpkin until well blended.
- Combine the flour, baking powder, baking soda, salt, cinnamon, ginger, cloves and nutmeg; stir into the pumpkin mixture until just blended.
- Spread evenly into the prepared pan.
- Bake for 25 to 30 minutes in the preheated oven, until bars spring back when lightly touched. Cool before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:8.74, Inflammation Score:-7, Nutrition Score:2.8917391079923%

## Nutrients (% of daily need)

Calories: 67.86kcal (3.39%), Fat: 1.37g (2.11%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.71g (4.62%), Sugar: 8.65g (9.61%), Cholesterol: 13.64mg (4.55%), Sodium: 70.6mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin A: 1398.87IU (27.98%), Selenium: 2.99µg

(4.28%), Manganese: 0.08mg (4.24%), Folate: 12.35µg (3.09%), Vitamin K: 3.17µg (3.02%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.05mg (2.88%), Iron: 0.47mg (2.59%), Phosphorus: 19.79mg (1.98%), Fiber: 0.46g (1.83%), Vitamin B3: 0.35mg (1.73%), Calcium: 16.06mg (1.61%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.15%), Copper: 0.02mg (1.05%)