

Pumpkin Bars V

READY IN



60 min.

SERVINGS



15

CALORIES



496 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter melted
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips

- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups walnuts chopped
- ☐ 1 cup sugar white

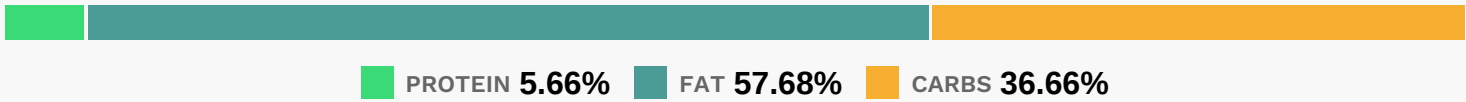
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch pan. Stir together the flour, baking powder, baking soda, salt and cinnamon; set aside.
- ☐ In a large bowl, cream together the butter and sugar until smooth.
- ☐ Mix in the pumpkin then beat in the eggs one at a time. Stir in vanilla. Gradually blend in the dry ingredients. Fold in chocolate chips and nuts.
- ☐ Spread the mixture evenly into the prepared pan.
- ☐ Bake for 35 to 45 minutes in the preheated oven, until a toothpick inserted into the center comes out clean.
- ☐ Cut into bars and serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:21.1, Inflammation Score:-10, Nutrition Score:16.379565156024%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg

Nutrients (% of daily need)

Calories: 496.09kcal (24.8%), Fat: 32.53g (50.04%), Saturated Fat: 14.28g (89.25%), Carbohydrates: 46.51g (15.5%), Net Carbohydrates: 42.05g (15.29%), Sugar: 23.58g (26.21%), Cholesterol: 55.8mg (18.6%), Sodium: 252.62mg (10.98%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.64mg (6.88%), Protein: 7.18g (14.36%), Vitamin A: 4837.61IU (96.75%), Manganese: 1.07mg (53.64%), Copper: 0.61mg (30.7%), Magnesium: 79.22mg (19.81%), Iron: 3.49mg (19.39%), Fiber: 4.46g (17.83%), Selenium: 12µg (17.14%), Phosphorus: 170.03mg (17%), Vitamin B1: 0.23mg (15.63%), Folate: 60.04µg (15.01%), Vitamin B2: 0.19mg (11.07%), Zinc: 1.41mg (9.38%), Vitamin B3: 1.72mg (8.62%), Potassium: 298.89mg (8.54%), Vitamin K: 7.89µg (7.51%), Calcium: 65.47mg (6.55%), Vitamin E: 0.98mg (6.54%), Vitamin B6: 0.13mg (6.39%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.12µg (2.02%), Vitamin C: 1.4mg (1.7%)