



## Pumpkin Bars (White Whole Wheat Flour)

READY IN



165 min.

SERVINGS



49

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 cups flour whole wheat white
- 2 teaspoons double-acting baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground cloves
- 3 oz cream cheese softened
- 0.3 cup butter softened
- 1 teaspoon vanilla
- 2 cups powdered sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F. Lightly grease bottom and sides of 15x10x1-inch pan with shortening.
- In large bowl, beat eggs, granulated sugar, oil and pumpkin with electric mixer on medium speed until smooth. Stir in flour, baking powder, cinnamon, baking soda, salt, ginger and cloves.
- Spread in pan.
- Bake 25 to 30 minutes or until golden brown. Cool completely in pan on cooling rack, about 2 hours.
- In medium bowl, beat cream cheese, butter and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable. Frost bars.
- Cut into 7 rows by 7 rows. Store covered in refrigerator.

## Nutrition Facts



**PROTEIN 4.82%** **FAT 26.11%** **CARBS 69.07%**

## Properties

Glycemic Index:3.96, Glycemic Load:5.77, Inflammation Score:-5, Nutrition Score:1.9665217827196%

## Nutrients (% of daily need)

Calories: 106.62kcal (5.33%), Fat: 3.19g (4.91%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.76g (6.46%), Sugar: 13.03g (14.48%), Cholesterol: 15.11mg (5.04%), Sodium: 106.76mg (4.64%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.33g (2.65%), Vitamin A: 818.34IU (16.37%), Fiber: 1.26g (5.04%), Manganese: 0.06mg (3.2%), Calcium: 21.29mg (2.13%), Selenium: 1.44µg (2.06%), Vitamin B2: 0.03mg (1.99%), Iron: 0.31mg (1.72%), Phosphorus: 16.91mg (1.69%), Vitamin B5: 0.17mg (1.65%), Vitamin K: 1.72µg (1.64%), Folate: 4.91µg (1.23%), Vitamin E: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.07%)