



Pumpkin Bars with Cream Cheese Frosting

 Vegetarian

READY IN



105 min.

SERVINGS



16

CALORIES



472 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 2 teaspoons ground cinnamon
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white

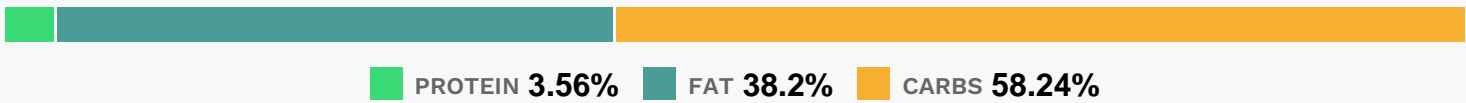
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a large jelly roll pan with cooking spray.
- ☐ Beat eggs in a large bowl with an electric hand mixer until foamy; add white sugar, vegetable oil, and pumpkin. Beat on medium speed until incorporated, 2 minutes.
- ☐ Mix flour, baking powder, 2 teaspoons cinnamon, baking soda, and salt in a separate bowl. Beat flour mixture into egg mixture on low speed until just combined, 1 minute.
- ☐ Pour batter into the prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 25 minutes. Cool completely.
- ☐ Beat cream cheese, butter, and vanilla together in a bowl with an electric hand mixer until creamy. Gradually add confectioners' sugar; beat until smooth.
- ☐ Spread frosting evenly over cooled pumpkin cake; sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:26.42, Inflammation Score:-10, Nutrition Score:9.7591304934543%

Nutrients (% of daily need)

Calories: 472.34kcal (23.62%), Fat: 20.46g (31.48%), Saturated Fat: 10.98g (68.62%), Carbohydrates: 70.19g (23.4%), Net Carbohydrates: 68.86g (25.04%), Sugar: 55.86g (62.07%), Cholesterol: 85.74mg (28.58%), Sodium: 384.32mg (16.71%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.3g (8.59%), Vitamin A: 4741.33IU (94.83%), Selenium: 10.48µg (14.97%), Vitamin B2: 0.19mg (11.19%), Vitamin K: 10.71µg (10.2%), Manganese: 0.2mg (9.91%), Folate: 38.67µg (9.67%), Vitamin B1: 0.14mg (9.17%), Iron: 1.41mg (7.85%), Phosphorus: 77.67mg (7.77%), Vitamin E: 1.09mg (7.24%), Calcium: 65.13mg (6.51%), Fiber: 1.33g (5.31%), Vitamin B3: 1.05mg (5.26%), Vitamin B5: 0.44mg (4.41%), Copper: 0.07mg (3.33%), Potassium: 111.8mg (3.19%), Magnesium: 12.78mg (3.19%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.15µg (2.55%), Vitamin B6: 0.05mg (2.47%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.13mg (1.36%)