



## Pumpkin Cookie Bars

READY IN



100 min.

SERVINGS



24

CALORIES



263 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 1 cup sugar
- 0.5 teaspoon vanilla
- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 cups flour all-purpose
- 0.5 teaspoon pumpkin pie spice
- 1 cup semisweet chocolate chips miniature
- 12 oz cream cheese frosting

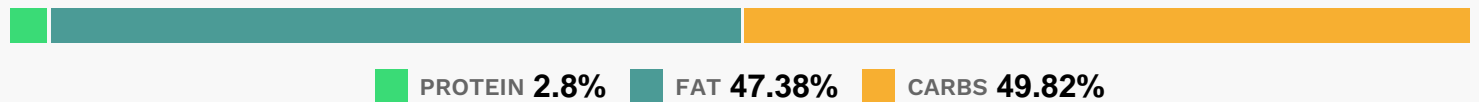
## Equipment

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

## Directions

- Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray.
- In large bowl, beat butter, sugar and vanilla with electric mixer on medium speed until fluffy.
- Add pumpkin, flour and pumpkin pie spice; beat until blended. Stir in chocolate chips. Press dough in pan with greased hands.
- Bake 18 to 20 minutes or until golden brown. Cool completely in pan on cooling rack, about 1 hour.
- In small microwavable bowl, microwave frosting uncovered on High 15 to 30 seconds, stirring once, until melted and smooth. With fork, drizzle frosting over bars.
- Let stand until set, about 10 minutes.
- Cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:4.4121739268303%

## Nutrients (% of daily need)

Calories: 262.88kcal (13.14%), Fat: 14.04g (21.61%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.45g (11.44%), Sugar: 20.99g (23.32%), Cholesterol: 20.93mg (6.98%), Sodium: 106.75mg (4.64%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Caffeine: 8.48mg (2.83%), Protein: 1.87g (3.74%), Vitamin

A: 941.55IU (18.83%), Manganese: 0.24mg (12.22%), Copper: 0.15mg (7.37%), Fiber: 1.78g (7.11%), Iron: 1.23mg (6.85%), Selenium: 4.67µg (6.67%), Vitamin B1: 0.09mg (5.79%), Folate: 22.31µg (5.58%), Magnesium: 21.53mg (5.38%), Phosphorus: 43.43mg (4.34%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.74mg (3.68%), Potassium: 86.48mg (2.47%), Zinc: 0.37mg (2.47%), Vitamin E: 0.28mg (1.9%), Vitamin B5: 0.18mg (1.82%), Calcium: 13.87mg (1.39%), Vitamin K: 1.41µg (1.35%), Vitamin B6: 0.02mg (1.09%)