



Pumpkin-Ginger Bars

READY IN



150 min.

SERVINGS



48

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 1 cup flour all-purpose
- ☐ 1 cup flour whole wheat
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable oil

- ☐ 0.5 cup milk
- ☐ 1 teaspoon vanilla
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 eggs
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 3 cups powdered sugar
- ☐ 1 tablespoons milk
- ☐ 1 serving nutmeg

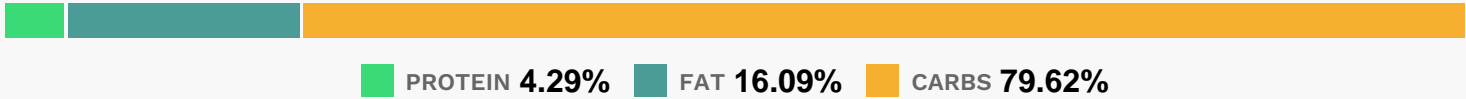
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease 15x10x1-inch pan with shortening or cooking spray; lightly flour. In large bowl, beat bar ingredients with electric mixer on low speed until moistened. Beat on medium speed 2 minutes.
- ☐ Spread in pan.
- ☐ Bake 20 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In small bowl, beat cream cheese and butter on low speed until blended. Beat in 1/2 teaspoon vanilla. Gradually beat in powdered sugar, 1 cup at a time, and 1 to 2 tablespoons milk until frosting is smooth and spreadable. Frost cooled bars.
- ☐ Sprinkle with nutmeg. Refrigerate about 30 minutes or until set. For bars, cut into 8 rows by 6 rows. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:2.7434782204421%

Nutrients (% of daily need)

Calories: 104.4kcal (5.22%), Fat: 1.91g (2.95%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 20.2g (7.34%), Sugar: 14.81g (16.46%), Cholesterol: 8.95mg (2.98%), Sodium: 88.07mg (3.83%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.15g (2.3%), Vitamin A: 794.78IU (15.9%), Manganese: 0.17mg (8.65%), Selenium: 3.43µg (4.89%), Fiber: 1.12g (4.46%), Phosphorus: 28.33mg (2.83%), Calcium: 27.25mg (2.72%), Vitamin B2: 0.05mg (2.68%), Folate: 10.1µg (2.52%), Vitamin B1: 0.04mg (2.49%), Iron: 0.42mg (2.32%), Vitamin B5: 0.19mg (1.86%), Magnesium: 6.95mg (1.74%), Vitamin B6: 0.03mg (1.72%), Vitamin B3: 0.33mg (1.63%), Copper: 0.03mg (1.31%), Potassium: 43.41mg (1.24%), Zinc: 0.16mg (1.04%)