



Pumpkin-Ginger Bars

READY IN



150 min.

SERVINGS



48

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 3 oz cream cheese softened
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose

- ☐ 1 cup flour whole wheat
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 48 servings nutmeg
- ☐ 0.5 cup milk
- ☐ 1 tablespoons milk
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup vegetable oil

Equipment

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

Directions

- ☐ Heat oven to 350F. 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:1.96, Inflammation Score:-5, Nutrition Score:3.1482608655225%

Nutrients (% of daily need)

Calories: 114.68kcal (5.73%), Fat: 2.63g (4.04%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 20.75g (7.55%), Sugar: 15.37g (17.08%), Cholesterol: 8.95mg (2.98%), Sodium: 88.38mg (3.84%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.26g (2.52%), Vitamin A: 796.77IU (15.94%), Manganese: 0.23mg (11.49%), Fiber: 1.52g (6.09%), Selenium: 3.46µg (4.94%), Phosphorus: 32.5mg (3.25%), Calcium: 30.85mg (3.09%), Vitamin B1: 0.04mg (2.94%), Folate: 11.59µg (2.9%), Vitamin B2: 0.05mg (2.75%), Iron: 0.48mg (2.65%), Magnesium: 10.53mg (2.63%), Copper: 0.05mg (2.32%), Vitamin B6: 0.04mg (1.87%), Vitamin B5: 0.19mg (1.86%), Vitamin B3: 0.35mg (1.76%), Potassium: 50.27mg (1.44%), Zinc: 0.2mg (1.32%)