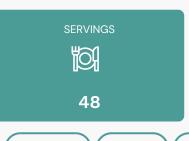


Pumpkin-Ginger Bars







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 gold medal®

| | 1.5 teaspoons ground cinnamon | |
|------------|--|--|
| | 1 tablespoons milk | |
| | 3 cups powdered sugar | |
| | 0.3 teaspoon salt | |
| | 0.5 teaspoon vanilla | |
| | 0.5 cup vegetable oil | |
| | 1 cup flour whole wheat gold medal® | |
| Equipment | | |
| Ш | 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 | |
| | PROTEIN 4.04% | |
| | FRUILIN TOT /0 FAI 13.54 /0 CARDS QU.42 /0 | |

Properties

Glycemic Index: 4.94, Glycemic Load: 1.51, Inflammation Score: -5, Nutrition Score: 2.6508695755316%

Nutrients (% of daily need)

Calories: 102.42kcal (5.12%), Fat: 1.82g (2.8%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.05g (7.29%), Sugar: 14.67g (16.3%), Cholesterol: 8.65mg (2.88%), Sodium: 87.09mg (3.79%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.06g (2.12%), Vitamin A: 790.62lU (15.81%), Manganese: 0.17mg (8.57%), Selenium: 3.38µg (4.82%), Fiber: 1.11g (4.43%), Phosphorus: 25.67mg (2.57%), Folate: 10.07µg (2.52%), Vitamin B2: 0.04mg (2.47%), Calcium: 24.04mg (2.4%), Vitamin B1: 0.04mg (2.39%), Iron: 0.42mg (2.31%), Vitamin B5: 0.18mg (1.76%), Magnesium: 6.56mg (1.64%), Vitamin B6: 0.03mg (1.63%), Vitamin B3: 0.32mg (1.61%), Copper: 0.03mg (1.28%), Potassium: 39.33mg (1.12%)