



Pumpkin-Ginger Bars

READY IN



150 min.

SERVINGS



48

CALORIES



102 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 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

- ☐ 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: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: 790.62IU (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%)