



## Pumpkin Magic Brownie Bars with Pumpkin Magic Frosting

 Dairy Free

READY IN



36 min.

SERVINGS



20

CALORIES



197 kcal

DESSERT

### Ingredients

- 19 oz brownie mix (13x9-inch pan size)
- 2 eggs
- 1 cup powdered sugar
- 1 cup pumpkin puree
- 3.4 oz jell-o pumpkin spice flavor pudding instant
- 0.3 cup water
- 8 oz cool whip whipped topping thawed

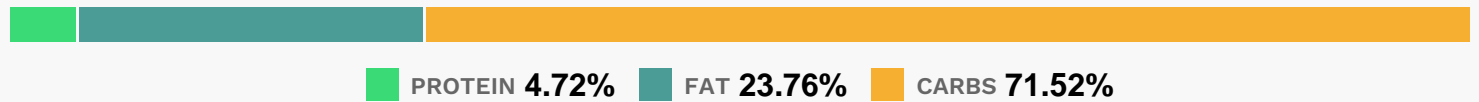
# Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks

# Directions

- PREHEAT oven to 350 F. Grease or spray a 9x13" pan.
- COMBINE brownie mix, water, eggs, pumpkin puree and JELL-O Instant pudding in a medium bowl. Stir until well blended.
- Spread into prepared pan.
- BAKE for 24-26 minutes, or until toothpick inserted into the middle comes out clean.
- Let cool.
- WHISK together instant pudding and powdered sugar. Gently fold into COOL WHIP whipped topping. Once blended, spread evenly over the top of the brownies. Enjoy!

# Nutrition Facts



# Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:2.9808695821658%

# Nutrients (% of daily need)

Calories: 197.25kcal (9.86%), Fat: 5.2g (8%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 34.85g (12.67%), Sugar: 25.79g (28.66%), Cholesterol: 16.59mg (5.53%), Sodium: 93.98mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin A: 1938.62IU (38.77%), Iron: 1.02mg (5.66%), Selenium: 1.71µg (2.44%), Vitamin B2: 0.04mg (2.24%), Vitamin K: 2.34µg (2.22%), Phosphorus: 21.39mg (2.14%), Vitamin E: 0.23mg (1.55%), Fiber: 0.36g (1.42%), Calcium: 13.85mg (1.38%), Potassium: 42.88mg (1.23%), Vitamin B5: 0.12mg (1.16%), Magnesium: 4.17mg (1.04%), Vitamin B12: 0.06µg (1.03%)