



Pumpkin Pie Bars

READY IN



55 min.

SERVINGS



55

CALORIES



84 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 15 oz pumpkin canned
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1.3 cups flour
- 0.8 cup granulated sugar divided
- 0.8 cup butter cold
- 0.5 cup planters pecans chopped
- 1 Tbsp pumpkin pie spice

1 cup quick-cooking oats uncooked

Equipment

bowl

frying pan

oven

wire rack

blender

aluminum foil

Directions

Heat oven to 350F.

Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides; spray with cooking spray.

Mix flour, 1/4 cup granulated sugar and brown sugar in medium bowl until blended; cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in oats and nuts.

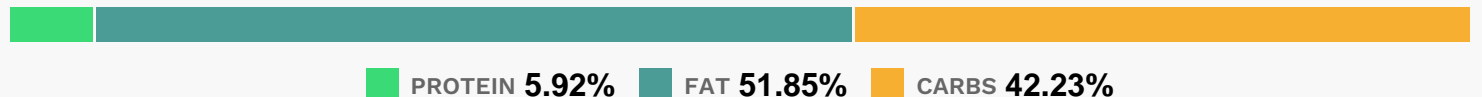
Reserve 1 cup oat mixture; press remaining onto bottom of prepared pan.

Bake 15 min. Beat cream cheese, remaining sugar, eggs, pumpkin and spice with mixer until blended; pour over crust.

Sprinkle with reserved oat mixture.

Bake 25 min.; cool 10 min. Use foil to transfer dessert from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:4.49, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:3.0065217251363%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 83.92kcal (4.2%), Fat: 4.96g (7.63%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.54g (3.11%), Sugar: 5.15g (5.73%), Cholesterol: 13.09mg (4.36%), Sodium: 46.68mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin A: 1383.12IU (27.66%), Manganese: 0.15mg (7.74%), Selenium: 2.73µg (3.91%), Vitamin B1: 0.04mg (2.79%), Vitamin B2: 0.04mg (2.61%), Phosphorus: 25.3mg (2.53%), Iron: 0.42mg (2.34%), Folate: 8.72µg (2.18%), Fiber: 0.55g (2.18%), Magnesium: 8.58mg (2.15%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.65%), Vitamin K: 1.45µg (1.38%), Vitamin B5: 0.13mg (1.28%), Calcium: 12.44mg (1.24%), Vitamin B3: 0.24mg (1.2%), Potassium: 41.58mg (1.19%), Zinc: 0.18mg (1.18%)