



WHATSheATE



Pumpkin Pie Bars by EAGLE BRAND®

♥ Popular

READY IN



45 min.

SERVINGS



24

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon pillsbury best® all purpose flour
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.8 cup butter
- ☐ 15 ounce pumpkin canned
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon divided

- ☐ 1 cup nuts finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

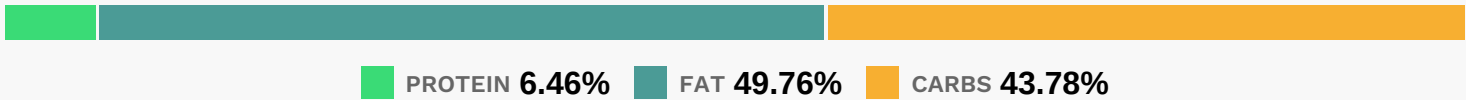
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F. In medium bowl, combine 1 1/2 cups flour, nuts, sugars and 1 teaspoon cinnamon.
- ☐ Add butter, mix until crumbly. Reserve 1 1/4 cups of the mixture. Pat remaining mixture on bottom of ungreased 13x9-inch baking pan.
- ☐ Meanwhile, in large mixing bowl, combine pumpkin, sweetened condensed milk, eggs, remaining 1 teaspoon cinnamon, allspice and salt; mix well.
- ☐ Pour evenly over crust.
- ☐ Mix reserved crumbs with 1 tablespoon flour.
- ☐ Sprinkle over pumpkin mixture.
- ☐ Bake 30 to 35 minutes or until set. Cool 10 minutes.
- ☐ Serve warm. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.66, Glycemic Load:8.87, Inflammation Score:-9, Nutrition Score:6.378260884596%

Nutrients (% of daily need)

Calories: 186.11kcal (9.31%), Fat: 10.66g (16.39%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 19.93g (7.25%), Sugar: 18.2g (20.23%), Cholesterol: 19.26mg (6.42%), Sodium: 120.31mg (5.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin A: 3076.84IU (61.54%), Manganese: 0.18mg (9.01%), Phosphorus: 83.71mg (8.37%), Vitamin B2: 0.11mg (6.6%), Calcium: 65.81mg (6.58%), Magnesium: 23.17mg (5.79%), Selenium: 3.84µg (5.48%), Copper: 0.1mg (5.23%), Fiber: 1.16g (4.64%), Potassium: 149.38mg (4.27%), Iron: 0.63mg (3.5%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.48mg (3.18%), Zinc: 0.47mg (3.12%), Vitamin K: 3µg (2.86%), Vitamin B1: 0.04mg (2.39%), Folate: 9.38µg (2.35%), Vitamin B6: 0.05mg (2.27%), Vitamin B3: 0.41mg (2.07%), Vitamin B12: 0.11µg (1.87%), Vitamin C: 1.24mg (1.5%)