



Pumpkin-Raisin Bars

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 2 tsp calumet baking powder
- 0.5 cup pumpkin canned
- 2 eggs
- 0.3 cup flour
- 1 tsp powdered sugar
- 1 tsp pumpkin pie spice

- 0.5 cup raisins
- 0.5 cup wheat bran high-fiber cereal

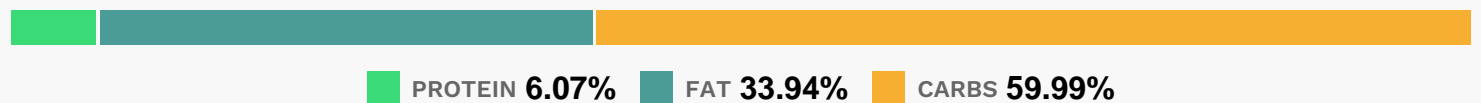
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat eggs in small bowl. Stir in cereal; let stand 5 min.
- Combine flour, baking powder and pumpkin pie spice. Beat butter and brown sugar in large bowl with mixer until light and fluffy.
- Add cereal mixture and pumpkin; mix well. Stir in flour mixture and raisins until blended.
- Pour into 9-inch square pan sprayed with cooking spray.
- Bake 25 to 30 min. or until toothpick inserted in center comes out clean. Cool completely.
- Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:4.41, Inflammation Score:-8, Nutrition Score:5.6213043150694%

Nutrients (% of daily need)

Calories: 117.11kcal (5.86%), Fat: 4.71g (7.25%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.9g (6.15%), Sugar: 9.49g (10.54%), Cholesterol: 27.28mg (9.09%), Sodium: 148.29mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin A: 1798.07IU (35.96%), Manganese: 0.36mg (17.87%), Selenium: 5.21µg (7.45%), Fiber: 1.83g (7.34%), Phosphorus: 69.72mg (6.97%), Calcium: 69.57mg

(6.96%), Iron: 0.99mg (5.49%), Magnesium: 21.76mg (5.44%), Vitamin B2: 0.08mg (4.64%), Potassium: 127.58mg (3.65%), Copper: 0.07mg (3.37%), Vitamin B6: 0.07mg (3.34%), Vitamin B1: 0.05mg (3.06%), Vitamin B3: 0.61mg (3.04%), Folate: 11.7µg (2.93%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.32mg (2.15%), Vitamin K: 1.75µg (1.67%), Vitamin B12: 0.07µg (1.17%)