



Pumpkin-Spice Bars with Cream Cheese Frosting

 Popular

READY IN



170 min.

SERVINGS



49

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda

- 0.5 teaspoon salt
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground cloves
- 1 cup raisins
- 8 oz cream cheese softened
- 0.3 cup butter softened
- 2 teaspoons milk
- 1 teaspoon vanilla
- 4 cups powdered sugar
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.
- In large bowl, beat eggs, granulated sugar, oil and pumpkin with wire whisk until smooth. Stir in flour, baking powder, baking soda, salt, cinnamon, ginger and cloves. Stir in raisins.
- Spread in pan.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean and bars spring back when touched lightly in center. Cool completely, about 2 hours.
- In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable.

Spreading frosting over bars.

Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store covered in refrigerator.

Nutrition Facts

PROTEIN 4.19% **FAT 26.73%** **CARBS 69.08%**

Properties

Glycemic Index:7.88, Glycemic Load:9.89, Inflammation Score:-5, Nutrition Score:3.1343478145807%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 151.97kcal (7.6%), Fat: 4.65g (7.15%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 25.83g (9.39%), Sugar: 17.98g (19.98%), Cholesterol: 18.06mg (6.02%), Sodium: 113.34mg (4.93%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 1.64g (3.28%), Vitamin A: 843.95IU (16.88%), Manganese: 0.15mg (7.4%), Selenium: 3.53µg (5.04%), Fiber: 1.19g (4.76%), Vitamin B2: 0.07mg (4.35%), Folate: 15.76µg (3.94%), Vitamin B1: 0.05mg (3.44%), Phosphorus: 31.98mg (3.2%), Iron: 0.55mg (3.05%), Calcium: 23.78mg (2.38%), Copper: 0.05mg (2.32%), Vitamin B5: 0.21mg (2.13%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.04mg (1.86%), Vitamin K: 1.83µg (1.75%), Potassium: 60.22mg (1.72%), Magnesium: 6.37mg (1.59%), Vitamin E: 0.2mg (1.34%), Zinc: 0.18mg (1.17%)