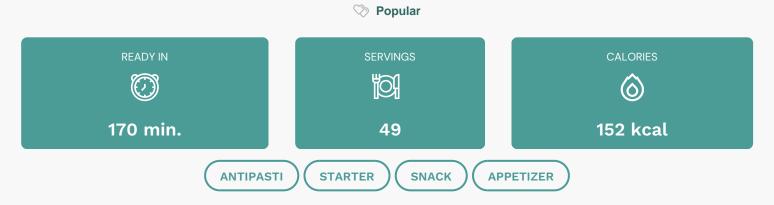


Pumpkin-Spice Bars with Cream Cheese Frosting

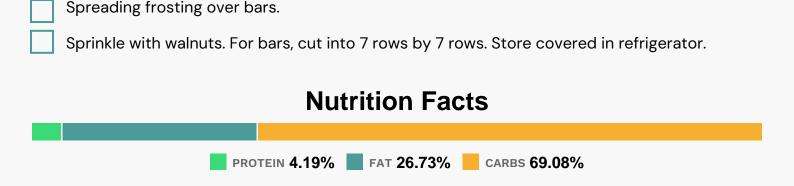


Ingredients

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
Fo	uipment
닏	bowl
브	frying pan
브	oven
Ш	whisk
	hand mixer
	toothpicks
Directions	
	Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.
H	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.



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%)