



## Pumpkin Spice Cake Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



190 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon ground cloves

- ☐ 4 large eggs
- ☐ 1.7 cups sugar
- ☐ 1 cup oil
- ☐ 15 ounce pumpkin puree   canned

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

## Directions

- ☐ Preheat your oven to 350°F.
- ☐ Grease and flour one glass 9x13–inch baking dish.
- ☐ In a large bowl, whisk together the flour cinnamon, baking powder, baking soda, salt, nutmeg or allspice, ginger, and cloves.
- ☐ In a mixing bowl, beat together the eggs, sugar, oil and pumpkin.
- ☐ Add the flour mixture to the wet mixture, and mix to combine.
- ☐ Spread the batter into your prepared pan.
- ☐ Bake the cake for 25 to 30 minutes, or until a toothpick inserted in the center of the cake comes out clean.
- ☐ Let the cake cool completely before frosting.

## Nutrition Facts



## Properties

Glycemic Index:19.51, Glycemic Load:23.31, Inflammation Score:-10, Nutrition Score:8.6482607229896%

Nutrients (% of daily need)

Calories: 189.94kcal (9.5%), Fat: 4.3g (6.62%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 33.96g (12.35%), Sugar: 21.77g (24.19%), Cholesterol: 46.5mg (15.5%), Sodium: 286.42mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin A: 4204.59IU (84.09%), Selenium: 9.39µg (13.42%), Manganese: 0.22mg (10.76%), Folate: 37.7µg (9.43%), Vitamin B2: 0.15mg (8.99%), Vitamin B1: 0.13mg (8.95%), Iron: 1.41mg (7.83%), Phosphorus: 62.18mg (6.22%), Vitamin K: 6.43µg (6.13%), Vitamin E: 0.92mg (6.13%), Fiber: 1.34g (5.37%), Vitamin B3: 1.04mg (5.18%), Calcium: 48.63mg (4.86%), Vitamin B5: 0.37mg (3.67%), Copper: 0.06mg (3.15%), Magnesium: 11.5mg (2.88%), Potassium: 91.02mg (2.6%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.33mg (2.17%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.13mg (1.37%)