



Pumpkin Spice Frosted Snack Bars

READY IN



55 min.

SERVINGS



55

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 15 oz pumpkin canned
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 2 Tbsp milk
- 1 cup miracle whip dressing
- 16 oz powdered sugar (4 cups)
- 1 pkg spice cake mix (2-layer size)
- 1 tsp vanilla

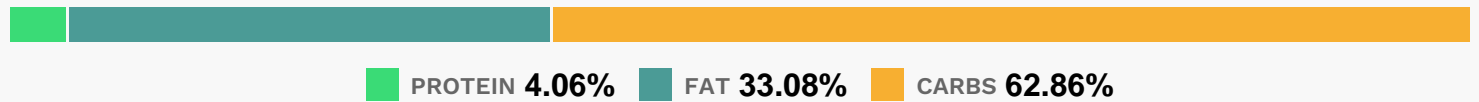
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 4 ingredients in large bowl with mixer until well blended.
- Pour into 13x9-inch pan sprayed with cooking spray.
- Bake 32 to 35 min. or until toothpick inserted in center comes out clean. Cool completely in pan.
- Beat cream cheese, butter, milk and vanilla in large bowl with mixer until well blended. Gradually add sugar, beating after each addition until well blended.
- Spread over cooled cake.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:2.6934783005196%

Nutrients (% of daily need)

Calories: 105.49kcal (5.27%), Fat: 3.95g (6.07%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 16.4g (5.96%), Sugar: 13.38g (14.87%), Cholesterol: 15.79mg (5.26%), Sodium: 122.05mg (5.31%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.09g (2.18%), Vitamin A: 1301.77IU (26.04%), Phosphorus: 34.15mg (3.41%), Iron: 0.61mg (3.37%), Manganese: 0.07mg (3.27%), Vitamin B2: 0.05mg (2.94%), Vitamin B1: 0.04mg (2.41%), Selenium: 1.39µg (1.99%), Vitamin K: 2.01µg (1.91%), Fiber: 0.47g (1.89%), Folate: 7.25µg (1.81%), Calcium: 17.48mg (1.75%), Copper: 0.03mg (1.73%), Potassium: 60.35mg (1.72%), Vitamin B3: 0.28mg (1.37%), Vitamin E: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.17%), Magnesium: 4.51mg (1.13%)