



Pumpkin Spice Frosted Snack Bars

READY IN



55 min.

SERVINGS



24

CALORIES



242 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

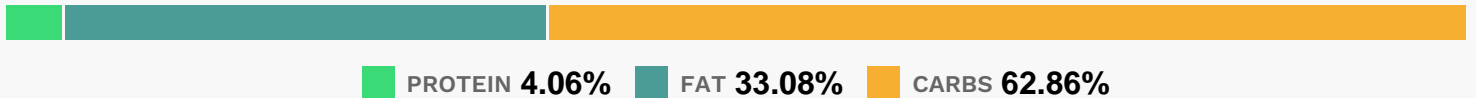
Equipment

- 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:4.79, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:6.1700000244638%

Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 9.04g (13.91%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 37.57g (13.66%), Sugar: 30.67g (34.07%), Cholesterol: 36.19mg (12.06%), Sodium: 279.7mg (12.16%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.5g (5%), Vitamin A: 2983.23IU (59.66%), Phosphorus: 78.26mg (7.83%), Iron: 1.39mg (7.72%), Manganese: 0.15mg (7.5%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.08mg (5.51%), Selenium: 3.19µg (4.55%), Vitamin K: 4.6µg (4.38%), Fiber: 1.08g (4.33%), Folate: 16.62µg (4.15%), Calcium: 40.05mg (4.01%), Potassium: 138.31mg (3.95%), Copper: 0.08mg (3.95%), Vitamin B3: 0.63mg (3.15%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.27mg (2.67%), Magnesium: 10.33mg (2.58%), Vitamin B6: 0.03mg

(1.71%), Zinc: 0.24mg (1.57%), Vitamin B12: 0.08µg (1.34%)