

Pumpkin Squares



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 teaspoon salt
- ☐ 15 ounce solid pack pumpkin puree canned
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white

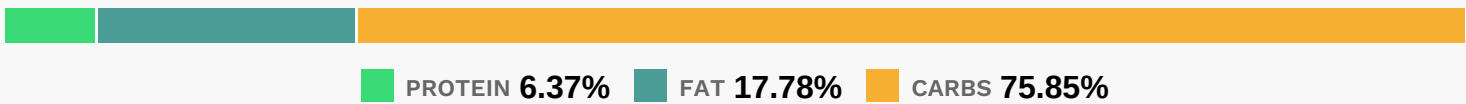
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a medium bowl, mix together the eggs, oil, sugar and pumpkin until smooth. Sift together the flour, cinnamon, cloves, ginger, nutmeg, baking soda, baking powder and salt. Stir into the pumpkin mixture.
- ☐ Spread evenly into the prepared pan and bake for 25 to 30 minutes. The bars should spring back to the touch when done. Allow to cool before frosting.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:27.97, Inflammation Score:-10, Nutrition Score:9.2517390976781%

Nutrients (% of daily need)

Calories: 217.14kcal (10.86%), Fat: 4.39g (6.75%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 40.68g (14.79%), Sugar: 27.67g (30.74%), Cholesterol: 43.65mg (14.55%), Sodium: 225.93mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin A: 4476.38IU (89.53%), Selenium: 9.58µg (13.68%), Manganese: 0.27mg (13.57%), Folate: 39.51µg (9.88%), Vitamin K: 10.14µg (9.66%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.16mg (9.22%), Iron: 1.49mg (8.29%), Phosphorus: 63.33mg (6.33%), Fiber: 1.46g (5.84%), Vitamin B3: 1.11mg (5.54%), Calcium: 51.39mg (5.14%), Vitamin E: 0.68mg (4.56%), Vitamin B5:

0.37mg (3.68%), Copper: 0.07mg (3.35%), Magnesium: 12.34mg (3.08%), Potassium: 96.02mg (2.74%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.33mg (2.2%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.2mg (1.46%)