



Pumpkin Streusel Cookie Bars

 Popular

READY IN



75 min.

SERVINGS



12

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup butter cold
- ☐ 4 oz cream cheese cold (half of 8-oz package)
- ☐ 4 oz cream cheese (half of 8-oz package)
- ☐ 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon pumpkin pie spice

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Generously spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ Place cookie mix in large bowl. Using pastry blender or fork, cut in butter and 4 oz cream cheese until mixture is crumbly (crumbs should be about pea-sized). Reserve 1 cup cookie mixture for Topping; set aside. Firmly press remaining cookie mixture evenly into bottom of pan.
- ☐ In small bowl, stir together 4 oz cream cheese, the sugar, pumpkin and flour. Stir in pumpkin pie spice until smooth.
- ☐ Spread over Cookie Base in pan.
- ☐ Sprinkle with reserved crumbs for Topping.
- ☐ Bake 25 to 30 minutes or until edges are golden brown. Cool completely in pan, about 30 minutes. Run metal spatula around edge to loosen.
- ☐ Cut into 4 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:2.1686956752901%

Nutrients (% of daily need)

Calories: 278.6kcal (13.93%), Fat: 12.6g (19.38%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 39g (13%), Net Carbohydrates: 38.5g (14%), Sugar: 21.9g (24.33%), Cholesterol: 29.26mg (9.75%), Sodium: 219.65mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin A: 838.98IU (16.78%), Vitamin B2: 0.07mg

(4.08%), Folate: 11.59µg (2.9%), Selenium: 1.97µg (2.81%), Phosphorus: 24.66mg (2.47%), Vitamin B1: 0.04mg (2.35%), Calcium: 22.23mg (2.22%), Manganese: 0.04mg (2.11%), Fiber: 0.5g (1.98%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.18mg (1.8%), Iron: 0.28mg (1.54%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.01%)