



## Swirled Pumpkin-Cream Cheese Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 tablespoons butter cooled melted
- ☐ 1 cup pumpkin canned
- ☐ 8 oz cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.8 cups sugar

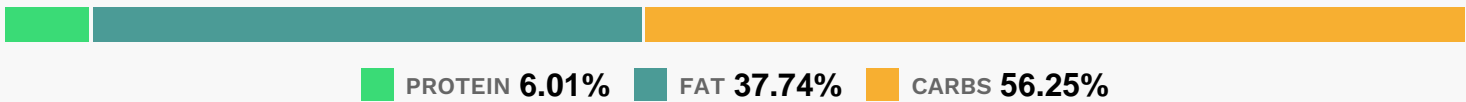
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ In a bowl, with an electric mixer on medium speed, beat butter and 1 1/2 cups sugar until smooth. Beat in 2 eggs, pumpkin, and 1/3 cup water until well blended, scraping down sides of bowl as needed. In another bowl, mix flour, cinnamon, baking soda, baking powder, and nutmeg; stir or beat into butter mixture until well blended.
- ☐ Spread batter evenly in a buttered and floured 10- by 15-inch baking pan.
- ☐ In a bowl, with an electric mixer on medium speed, beat cream cheese, remaining egg, and remaining 1/4 cup sugar until smooth.
- ☐ Drop cream cheese mixture in 24 evenly spaced 1-tablespoon portions over batter. Pull a knife tip through filling to swirl slightly into batter.
- ☐ Bake in a 350 oven until center of pumpkin batter (not cream cheese mixture) springs back when touched, about 30 minutes.
- ☐ Let cool completely in pan, then cut into 24 bars.

## Nutrition Facts



## Properties

Glycemic Index:16.21, Glycemic Load:15.39, Inflammation Score:-8, Nutrition Score:4.3447826245557%

Nutrients (% of daily need)

Calories: 160.47kcal (8.02%), Fat: 6.86g (10.56%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.4g (8.15%), Sugar: 15.31g (17.01%), Cholesterol: 40.32mg (13.44%), Sodium: 116.34mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin A: 1837.26IU (36.75%), Selenium: 5.99µg (8.56%), Vitamin B2: 0.1mg (6.17%), Folate: 21.84µg (5.46%), Vitamin B1: 0.08mg (5.27%), Manganese: 0.1mg (5.19%), Iron: 0.71mg (3.96%), Phosphorus: 38.74mg (3.87%), Vitamin B3: 0.59mg (2.96%), Fiber: 0.62g (2.47%), Calcium: 23.9mg (2.39%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.34mg (2.3%), Vitamin K: 2.16µg (2.06%), Copper: 0.03mg (1.61%), Magnesium: 6.2mg (1.55%), Potassium: 53.71mg (1.53%), Zinc: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.37%), Vitamin B6: 0.03mg (1.3%)