



Tina's Pumpkin Spice Bars

 Vegetarian

READY IN

ready

120 min.

SERVINGS

servings

19

CALORIES

calories

290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 15 ounce pumpkin canned
- ☐ 16 ounce cream cheese frosting
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour the bottom and sides of a 10x15 inch jelly roll pan
- ☐ In a large bowl, combine eggs, sugar, oil and pumpkin; beat until smooth. Stir in the flour, baking powder, baking soda, cinnamon, ginger, salt and cloves.
- ☐ Spread batter into prepared pan.
- ☐ Bake for 30 minutes in the preheated oven, or until a toothpick inserted into the cake comes out clean. Allow to cool completely.
- ☐ Frost with cream cheese frosting and sprinkle top with nuts.
- ☐ Cut in to 2 inch by 1 1/2 inch bars. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:22.11, Inflammation Score:-9, Nutrition Score:8.0095653067464%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 290.29kcal (14.51%), Fat: 9.58g (14.74%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 48.38g (17.59%), Sugar: 37.08g (41.19%), Cholesterol: 34.46mg (11.49%), Sodium: 223.94mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 3534.5IU (70.69%), Manganese: 0.31mg (15.25%), Selenium: 7.83µg (11.19%), Folate: 34.16µg (8.54%), Vitamin B1: 0.12mg (8.2%), Vitamin K: 8.05µg (7.67%), Vitamin B2: 0.13mg (7.63%), Iron: 1.3mg (7.22%), Phosphorus: 61.23mg (6.12%), Fiber: 1.34g (5.36%), Copper: 0.11mg (5.3%), Vitamin B3: 0.91mg (4.56%), Calcium: 44.04mg (4.4%), Magnesium: 14.92mg (3.73%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.31mg (3.08%), Potassium: 97.29mg (2.78%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.19µg (1.24%), Vitamin C: 0.99mg (1.2%)