



Wild Rice Pumpkin Yum Bars



Vegetarian



Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

19

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CALORIES

calories

184 kcal

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ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 cups rice wild cooked
- ☐ 4 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup vegetable oil
- ☐ 2 cups sugar white

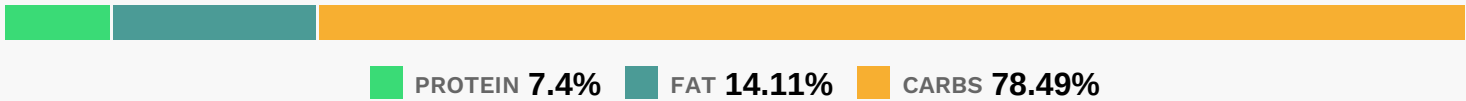
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 10x15 inch baking pan.
- ☐ Blend together the oil, eggs and sugar.
- ☐ Add the pumpkin and wild rice; mix together well.
- ☐ Sift together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and ginger; add to wet ingredients and mix well.
- ☐ Pour onto prepared baking pan and bake at 350 degrees F (175 degrees C) for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.43, Glycemic Load:22.08, Inflammation Score:-9, Nutrition Score:7.8808696269989%

Nutrients (% of daily need)

Calories: 183.57kcal (9.18%), Fat: 2.95g (4.54%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 35.46g (12.9%), Sugar: 21.97g (24.41%), Cholesterol: 34.46mg (11.49%), Sodium: 117.67mg (5.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin A: 3534.34IU (70.69%), Manganese: 0.24mg (12.24%), Selenium: 7.68µg (10.98%), Folate: 35.67µg (8.92%), Vitamin B2: 0.14mg (8.16%), Vitamin B1: 0.12mg (8.11%), Iron: 1.27mg (7.06%), Vitamin K: 7.02µg (6.69%), Phosphorus: 64.08mg (6.41%), Fiber: 1.43g (5.73%), Vitamin B3: 1.09mg (5.47%), Calcium: 40.49mg (4.05%), Magnesium: 15.18mg (3.79%), Copper: 0.07mg (3.67%), Vitamin E: 0.53mg (3.55%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.32mg (3.17%), Vitamin B6: 0.06mg (2.9%), Potassium: 92.66mg (2.65%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.19µg (1.24%), Vitamin C: 0.95mg (1.15%)