



Zucchini-Carrot Bars

 Gluten Free

READY IN



110 min.

SERVINGS



60

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box betty delights super carrot cake mix
- 2 small zucchini grated
- 0.5 cup butter melted
- 3 tablespoons milk
- 2 eggs
- 4 cups powdered sugar
- 1 oz cream cheese (from 3-oz package)
- 1 tablespoons milk

- 1 teaspoon vanilla
- 2 cups raspberries fresh
- 1 serving mint leaves fresh

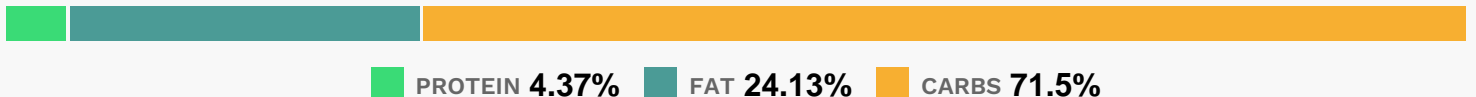
Equipment

- bowl
- frying pan
- baking paper
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Line bottom of 15x10x1-inch pan with parchment paper or spray with cooking spray. In large bowl, stir together bar ingredients until well mixed.
- Spread in pan.
- Bake 15 to 20 minutes or until golden brown and toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In large bowl, beat together frosting ingredients with electric mixer on medium speed until smooth. If needed, add more milk to make a spreadable consistency.
- Spread over cooled bars.
- Cut into 2x1-inch bars.
- Garnish with raspberries and mint leaves. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.0021739206884%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 80.94kcal (4.05%), Fat: 2.17g (3.34%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 13.9g (5.06%), Sugar: 11.34g (12.6%), Cholesterol: 10.12mg (3.37%), Sodium: 49.49mg (2.15%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 0.88g (1.77%), Vitamin A: 271.95IU (5.44%), Vitamin C: 2.07mg (2.51%), Fiber: 0.56g (2.25%), Manganese: 0.03mg (1.75%), Iron: 0.26mg (1.44%)