

# Pumpkin Bars

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Yield: 36 bars

4 eggs  
1 2/3 cups sugar  
1 cup vegetable oil  
1 can (16 ounce) pumpkin  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons baking powder  
2 teaspoons ground cinnamon  
2 cups all-purpose flour

## ICING

1 package (3 ounce) cream cheese, softened  
1/2 cup butter or margarine, softened  
2 cups powdered sugar  
1 teaspoon vanilla extract

Preheat the oven to 350 degrees.

In the large bowl of an electric mixer, beat the eggs with the sugar until light and fluffy. Beat in the pumpkin and oil.

In a bowl, sift together the salt, baking soda, baking powder, cinnamon and flour. Add to the creamed mixture, beating well.

Spoon into a greased 13x9x2-inch baking pan.

Bake for 25 to 30 minutes.

Remove from the oven and cool in the pan.

For the Icing: In a bowl, beat the cream cheese, butter and sugar until light and fluffy. Add the vanilla extract and beat until smooth. Spread over the cooled pumpkin bars.

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Per Serving (excluding unknown items): 7034 Calories; 414g Fat (52.1% calories from fat); 71g Protein; 784g Carbohydrate; 10g Dietary Fiber; 1351mg Cholesterol; 6281mg Sodium. Exchanges: 13 Grain(Starch); 6 Lean Meat; 78 1/2 Fat; 38 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	7034	Vitamin B6 (mg):	.6mg
% Calories from Fat:	52.1%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	43.9%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	2.8mg

**Total Fat (g):** 414g  
**Saturated Fat (g):** 140g  
**Monounsaturated Fat (g):** 186g  
**Polyunsaturated Fat (g):** 56g  
**Cholesterol (mg):** 1351mg  
**Carbohydrate (g):** 784g  
**Dietary Fiber (g):** 10g  
**Protein (g):** 71g  
**Sodium (mg):** 6281mg  
**Potassium (mg):** 1272mg  
**Calcium (mg):** 994mg  
**Iron (mg):** 22mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 9622IU  
**Vitamin A (r.e.):** 2323RE

**Folacin (mcg):** 535mcg  
**Niacin (mg):** 16mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 13  
**Lean Meat:** 6  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 78 1/2  
**Other Carbohydrates:** 38 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 7034                      **Calories from Fat:** 3667

### % Daily Values\*

<b>Total Fat</b>	414g	636%
Saturated Fat	140g	701%
<b>Cholesterol</b>	1351mg	450%
<b>Sodium</b>	6281mg	262%
<b>Total Carbohydrates</b>	784g	261%
Dietary Fiber	10g	39%
<b>Protein</b>	71g	
<b>Vitamin A</b>		192%
<b>Vitamin C</b>		20%
<b>Calcium</b>		99%
<b>Iron</b>		123%

\* Percent Daily Values are based on a 2000 calorie diet.