

Pumpkin Bars

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-pumpkin-recipe>

Ingredients:

- 4 eggs
- 1 2/3 cups granulated sugar
- 1 cup vegetable oil can substitute 1/2 cup applesauce for 1/2 cup oil
- 15 ounces pumpkin
- 2 cups all purpose flour sifted
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- 8 ounces cream cheese package, softened
- 1/2 cup butter or margarine, softened
- 2 cups confectioners sugar sifted
- 1 teaspoon vanilla extract

Nutrition:

1. Calories: 1770 calories
2. Carbohydrate: 204 grams
3. Cholesterol: 335 milligrams
4. Fat: 102 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 31 grams
8. Sodium: 1590 milligrams
9. Sugar: 146 grams
10. TransFat: 1.5 grams

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