



Bake Sale Lemon Bars



Dairy Free



Popular

READY IN



60 min.

SERVINGS



15

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 3 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 cups sugar white

Equipment

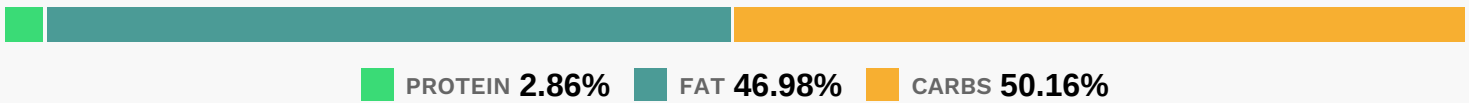
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.
- ☐ Combine the flour, 2/3 cup confectioners' sugar, and butter. Pat dough into prepared pan.
- ☐ Bake for 20 minutes in the preheated oven, until slightly golden. While the crust is baking, whisk together eggs, white sugar, flour, and lemon juice until frothy.
- ☐ Pour this lemon mixture over the hot crust.
- ☐ Return to the preheated oven for an additional 20 to 25 minutes, or until light golden brown. Cool on a wire rack. Dust the top with confectioners' sugar.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:14.79, Inflammation Score:-3, Nutrition Score:1.6886956477133%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.92kcal (9.4%), Fat: 10.06g (15.48%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 24.12g (8.77%), Sugar: 22.71g (25.23%), Cholesterol: 32.74mg (10.91%), Sodium: 119.85mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin A: 453.75IU (9.08%), Selenium: 3.35µg (4.79%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.45mg (3.01%), Phosphorus: 21.98mg (2.2%), Folate: 7.81µg (1.95%), Vitamin C: 1.6mg (1.94%), Vitamin B5: 0.16mg (1.56%), Vitamin B12: 0.09µg (1.49%), Iron: 0.24mg (1.32%), Vitamin D: 0.18µg (1.17%), Vitamin B1: 0.02mg (1.16%)