



WHATSheATE



Berry Best Lemon Bars

READY IN



210 min.

SERVINGS



20

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups blueberries fresh
- ☐ 0.5 cup blueberry jam
- ☐ 2 cups jell-o lemon flavor pudding & pie filling prepared
- ☐ 2.5 cups cool whip frozen thawed

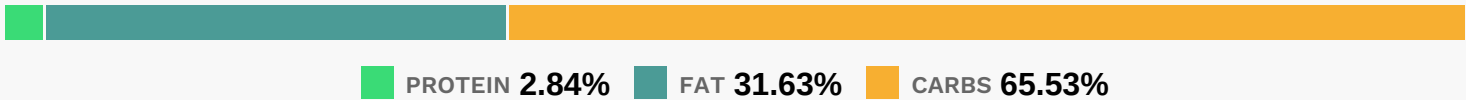
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. Lightly spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Reserve 1/3 cup of the cookie dough. Press remaining dough in bottom of pan.
- ☐ Bake 15 to 18 minutes or until golden brown. Cool completely, about 30 minutes.
- ☐ Meanwhile, shape reserved cookie dough into 5 balls.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 8 to 9 minutes or until light golden brown. Cool 2 minutes; remove from cookie sheet to wire rack. Cool completely, about 15 minutes.
- ☐ In small bowl, combine blueberries and jam.
- ☐ Spread over cookie crust. Carefully spread lemon pie filling over blueberry layer.
- ☐ Spread whipped topping over lemon layer. Crumble cookies; sprinkle over whipped topping. Refrigerate at least 2 hours or until chilled. To serve, cut into 5 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:1.8678260795448%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin:

0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 233.93kcal (11.7%), Fat: 8.15g (12.53%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 36.86g (13.4%), Sugar: 26.29g (29.21%), Cholesterol: 14.22mg (4.74%), Sodium: 158.25mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin B2: 0.09mg (5.27%), Vitamin A: 239.27IU (4.79%), Fiber: 1.12g (4.47%), Vitamin K: 2.89µg (2.75%), Vitamin B12: 0.16µg (2.73%), Manganese: 0.05mg (2.69%), Vitamin C: 2.19mg (2.66%), Vitamin E: 0.3mg (2.01%), Vitamin B1: 0.03mg (1.94%), Selenium: 1.14µg (1.63%), Calcium: 15.65mg (1.56%), Phosphorus: 15.43mg (1.54%), Potassium: 44.65mg (1.28%), Vitamin B6: 0.03mg (1.26%), Iron: 0.21mg (1.19%), Folate: 4.51µg (1.13%), Copper: 0.02mg (1.02%)