



Berry Best Lemon Bars

 Dairy Free

READY IN



210 min.

SERVINGS



20

CALORIES



241 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 0.5 cup blueberry jam
- 0.5 cup butter softened
- 1 pouch basic cookie mix (1 lb 1.5 oz)
- 1 eggs
- 2 cups jell-o lemon flavor pudding & pie filling prepared
- 2.5 cups non-dairy whipped topping frozen thawed

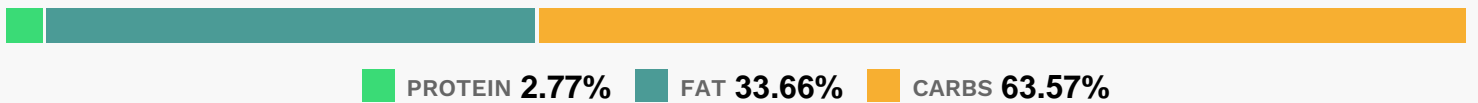
Equipment

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

Directions

- Heat oven to 375F. 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:1.5621739068757%

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: 240.94kcal (12.05%), Fat: 8.91g (13.7%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 36.76g (13.37%), Sugar: 27g (30%), Cholesterol: 12.91mg (4.3%), Sodium: 158.25mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 229.8IU (4.6%), Fiber: 1.08g (4.31%), Vitamin K: 3.16µg (3.01%), Manganese: 0.05mg (2.69%), Vitamin C: 2.19mg (2.66%), Vitamin B2: 0.04mg (2.36%), Vitamin E: 0.34mg (2.27%), Phosphorus: 15.99mg (1.6%), Selenium: 1.09µg (1.55%), Potassium: 43.99mg (1.26%), Iron: 0.22mg (1.22%), Calcium: 12.18mg (1.22%), Vitamin B1: 0.02mg (1.14%)