



## Best-Ever Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



185 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted
- 3 eggs beaten
- 1 cup flour all-purpose
- 0.5 cup juice of lemon
- 1.5 teaspoon lemon zest
- 16 servings garnish: powdered sugar
- 0.1 teaspoon salt
- 1.3 cup sugar divided

- 0.8 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- aluminum foil
- cutting board

## Directions

- Stir together butter, 1/4 cup sugar, vanilla and salt.
- Add one cup flour; mix just until incorporated. Press evenly into the bottom of an aluminum foil-lined 8"x8" baking pan.
- Place a rack in the lower 1/3 of oven.
- Bake at 350 degrees for 25 to 30 minutes, until edges are golden and center is lightly golden. While crust is baking, stir together remaining sugar and flour in a separate bowl.
- Whisk in eggs; stir in lemon zest and juice. When baked crust is done, reduce oven temperature to 300 degrees. Pull out oven rack without removing pan; pour filling over hot crust.
- Bake for 20 to 25 minutes longer, until topping is puffed at the edges and no longer jiggles in the center. Set pan on a wire rack; cool completely. Lift the ends of the foil; transfer to a cutting board.
- Cut into bars with a long sharp knife. Keep bars refrigerated in an airtight container up to 3 days. Dust with powdered sugar at serving time.

## Nutrition Facts



■ PROTEIN 4.11% ■ FAT 31.91% ■ CARBS 63.98%

## Properties

Glycemic Index:12.19, Glycemic Load:15.22, Inflammation Score:-2, Nutrition Score:2.3847825967747%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 184.68kcal (9.23%), Fat: 6.68g (10.28%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 29.9g (10.87%), Sugar: 23.7g (26.33%), Cholesterol: 45.94mg (15.31%), Sodium: 76.07mg (3.31%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 1.94g (3.87%), Selenium: 5.4µg (7.72%), Folate: 19.94µg (4.98%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.46%), Vitamin A: 222.37IU (4.45%), Vitamin C: 3.19mg (3.87%), Iron: 0.53mg (2.94%), Manganese: 0.06mg (2.9%), Phosphorus: 27.12mg (2.71%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.09µg (1.42%), Zinc: 0.17mg (1.16%), Vitamin D: 0.17µg (1.1%), Vitamin B6: 0.02mg (1.08%), Copper: 0.02mg (1.02%), Fiber: 0.25g (1.01%)