



Best Lemon Bars

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 eggs
- ☐ 2.3 cups flour all-purpose gold medal®
- ☐ 2 cups granulated sugar
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons powdered sugar

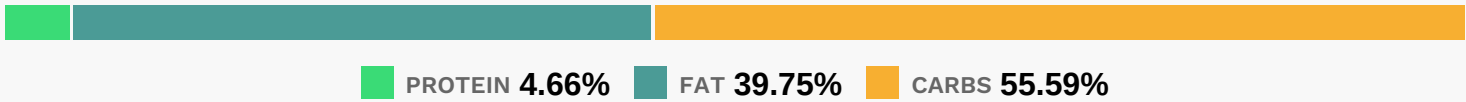
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350°F.
- ☐ In medium bowl mix butter, 2 cups of the flour and 1/2 cup of the granulated sugar. Press into the bottom of ungreased 13x9-inch pan.
- ☐ Bake 15 to 20 minutes or until center is set and edges just begin to brown.
- ☐ In medium bowl, mix remaining 1/4 cup flour and remaining 1 1/2 cups granulated sugar with whisk.
- ☐ Add eggs, lemon peel and lemon juice; stir with whisk until well combined.
- ☐ Pour over partially baked crust.
- ☐ Bake 18 to 22 minutes longer or until center is set and edges are golden brown. The bars will firm up as they cool. Cool 1 hour.
- ☐ Sprinkle with powdered sugar. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:18.1, Inflammation Score:-3, Nutrition Score:2.9126087085384%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.1kcal (9.46%), Fat: 8.49g (13.06%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 26.37g (9.59%), Sugar: 17.48g (19.42%), Cholesterol: 27.28mg (9.09%), Sodium: 100.08mg (4.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Selenium: 6.33µg (9.05%), Vitamin A: 378.31IU

(7.57%), Folate: 26.02µg (6.51%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.1mg (5.83%), Manganese: 0.08mg (4.16%), Iron: 0.69mg (3.81%), Vitamin B3: 0.7mg (3.52%), Phosphorus: 29.78mg (2.98%), Vitamin C: 2.2mg (2.67%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.18mg (1.79%), Fiber: 0.35g (1.4%), Vitamin B12: 0.07µg (1.25%), Copper: 0.02mg (1.22%), Zinc: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.05%), Magnesium: 4.07mg (1.02%)