



Blackberry-Lemon Bars

 Vegetarian  Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



4897 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups blackberries fresh
- ☐ 1 cup butter cold cut into pieces
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 cup juice of lemon fresh

- ☐ 2 teaspoons lemon zest
- ☐ 1 serving garnish: mint and blackberries fresh
- ☐ 0.5 cup powdered sugar
- ☐ 1 serving powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

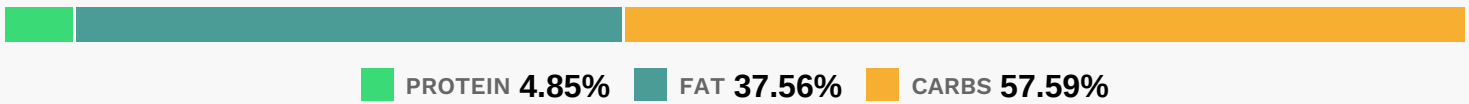
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Pulse 2 cups flour, 1/2 cup powdered sugar, and 1 cup butter in a food processor 5 to 6 times or until mixture is crumbly. Press mixture onto bottom of prepared pan.
- ☐ Bake at 350 on an oven rack one-third up from bottom of oven 25 minutes or just until golden brown.
- ☐ Whisk together eggs and next 3 ingredients in a large bowl until blended.
- ☐ Combine baking powder, salt, and remaining 1/4 cup flour; whisk into egg mixture until blended.
- ☐ Pour lemon mixture into prepared crust.

- ☐ Pulse 2 cups blackberries and 1/2 cup granulated sugar in a food processor 3 to 4 times or until blended.
- ☐ Transfer mixture to a small saucepan. Cook over medium-low heat, stirring often, 5 to 6 minutes or until thoroughly heated.
- ☐ Pour through a fine wire-mesh strainer into a bowl, gently pressing blackberry mixture with back of a spoon; discard solids.
- ☐ Drizzle over lemon mixture in pan.
- ☐ Bake at 350 on middle oven rack 30 to 35 minutes or until filling is set.
- ☐ Let cool in pan on a wire rack 30 minutes. Lift from pan onto wire rack, using foil sides as handles, and let cool 30 minutes or until completely cool.
- ☐ Remove foil, and cut into 24 (2-inch) squares; sprinkle with powdered sugar.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:382.18, Glycemic Load:438.7, Inflammation Score:-10, Nutrition Score:69.626521732496%

Flavonoids

Cyanidin: 287.86mg, Cyanidin: 287.86mg, Cyanidin: 287.86mg, Cyanidin: 287.86mg Pelargonidin: 1.3mg, Pelargonidin: 1.3mg, Pelargonidin: 1.3mg, Pelargonidin: 1.3mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 106.73mg, Catechin: 106.73mg, Catechin: 106.73mg, Catechin: 106.73mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 13.42mg, Epicatechin: 13.42mg, Epicatechin: 13.42mg, Epicatechin: 13.42mg Epigallocatechin 3-gallate: 1.96mg, Epigallocatechin 3-gallate: 1.96mg, Epigallocatechin 3-gallate: 1.96mg, Epigallocatechin 3-gallate: 1.96mg Eriodictyol: 6.26mg, Eriodictyol: 6.26mg, Eriodictyol: 6.26mg, Eriodictyol: 6.26mg Hesperetin: 17.75mg, Hesperetin: 17.75mg, Hesperetin: 17.75mg, Hesperetin: 17.75mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg

Nutrients (% of daily need)

Calories: 4897.24kcal (244.86%), Fat: 208.88g (321.35%), Saturated Fat: 123.47g (771.67%), Carbohydrates: 720.45g (240.15%), Net Carbohydrates: 696.72g (253.35%), Sugar: 484.64g (538.48%), Cholesterol: 1232.05mg

(410.68%), Sodium: 2764.61mg (120.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.71g (121.42%), Selenium: 163.13µg (233.05%), Manganese: 3.88mg (194.08%), Folate: 713.56µg (178.39%), Vitamin B1: 2.39mg (159.28%), Vitamin B2: 2.57mg (151.09%), Vitamin A: 7420.85IU (148.42%), Vitamin C: 113.17mg (137.18%), Iron: 19.25mg (106.93%), Fiber: 23.74g (94.94%), Vitamin B3: 18.85mg (94.27%), Phosphorus: 916.2mg (91.62%), Vitamin E: 11.1mg (73.99%), Vitamin K: 74.36µg (70.82%), Vitamin B5: 5.52mg (55.18%), Calcium: 547.38mg (54.74%), Copper: 1.08mg (54.22%), Zinc: 6.41mg (42.74%), Magnesium: 157.83mg (39.46%), Vitamin B12: 2.17µg (36.1%), Potassium: 1246.01mg (35.6%), Vitamin B6: 0.62mg (31.06%), Vitamin D: 4µg (26.67%)