



Blackberry-Limeade Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups blackberries fresh
- 0.5 cup butter softened
- 1 large eggs
- 3 large egg whites
- 0.5 cup flour all-purpose
- 1 cup flour all-purpose
- 0.7 cup key lime juice fresh
- 1 tablespoon lime zest loosely packed

- 0.3 cup sugar
- 1.5 cups sugar
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- sieve
- blender
- plastic wrap
- hand mixer

Directions

- Preheat oven to 35
- Line bottom and sides of an 8-inch square pan with parchment paper, allowing 3 inches to extend over sides. Beat softened butter and 1/4 cup sugar at medium speed with an electric mixer until smooth. Stir together 1 cup all-purpose flour and 1/4 tsp. table salt; gradually add to butter mixture, beating at low speed just until blended after each addition. Press dough into bottom of prepared pan.
- Bake 20 to 25 minutes or until lightly browned.
- Whisk together 1 1/2 cups sugar, 1/2 cup all-purpose flour, Key lime zest, and 1/4 tsp. salt in a large bowl.
- Whisk in 1 egg and 3 egg whites just until blended. Process blackberries in a blender until smooth.
- Pour pureed berries through a fine wire-mesh strainer into sugar mixture, discarding seeds; whisk in Key lime juice.

Pour over warm crust; bake 30 to 35 minutes or until center is set. Cool on wire rack 30 minutes. Cover with plastic wrap; chill 2 hours. Lift from pan, using parchment paper as handles.

Cut into bars.

Nutrition Facts

PROTEIN 5.23% **FAT 28.35%** **CARBS 66.42%**

Properties

Glycemic Index:24.82, Glycemic Load:21.95, Inflammation Score:-3, Nutrition Score:3.900000029284%

Flavonoids

Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 195.8kcal (9.79%), Fat: 6.34g (9.76%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 32.1g (11.67%), Sugar: 22.98g (25.53%), Cholesterol: 26.88mg (8.96%), Sodium: 97.5mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Manganese: 0.2mg (10.03%), Selenium: 6.46µg (9.22%), Vitamin C: 6.91mg (8.38%), Folate: 28.91µg (7.23%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.11mg (6.6%), Fiber: 1.32g (5.28%), Vitamin A: 237.9IU (4.76%), Vitamin B3: 0.83mg (4.18%), Iron: 0.74mg (4.11%), Vitamin K: 4.17µg (3.97%), Vitamin E: 0.44mg (2.92%), Copper: 0.05mg (2.74%), Phosphorus: 26.91mg (2.69%), Magnesium: 8.21mg (2.05%), Potassium: 70.42mg (2.01%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.24mg (1.58%), Calcium: 12.64mg (1.26%), Vitamin B6: 0.02mg (1.02%)