



Blueberry-Lemon Bars

 Dairy Free

READY IN



120 min.

SERVINGS



36

CALORIES



108 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 tablespoon lemon zest grated
- 1 cup butter softened
- 0.8 cup jam
- 2 teaspoons lemon zest grated
- 0.5 cup powdered sugar
- 2 teaspoons juice of lemon

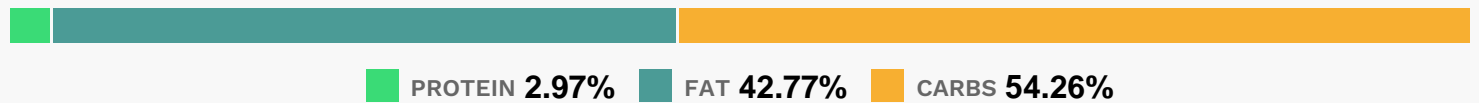
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°.
- Mix flour, granulated sugar and 1 tablespoon lemon peel in large bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like coarse crumbs. Press mixture in ungreased rectangular pan, 13x9x2 inches.
- Bake 25 to 30 minutes or until edges are light golden brown.
- Meanwhile, mix preserves and 2 teaspoons lemon peel in small bowl.
- Spread over hot crust.
- Bake 5 minutes longer. Cool completely, about 1 hour.
- Stir powdered sugar and lemon juice in small bowl until smooth and thin enough to drizzle.
- Drizzle over bars. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:8.41, Inflammation Score:-2, Nutrition Score:1.4299999982443%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 107.68kcal (5.38%), Fat: 5.16g (7.94%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.43g (5.25%), Sugar: 7.88g (8.75%), Cholesterol: 0mg (0%), Sodium: 61.95mg (2.69%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin A: 225.71IU (4.51%), Vitamin B1: 0.06mg (3.77%), Selenium: 2.52µg (3.61%), Folate: 13.64µg (3.41%), Vitamin B2: 0.04mg (2.54%), Manganese: 0.05mg (2.52%), Vitamin B3: 0.42mg (2.08%), Iron: 0.36mg (2.01%), Vitamin E: 0.21mg (1.39%), Vitamin C: 1.1mg (1.34%), Fiber: 0.3g (1.18%), Phosphorus: 10.35mg (1.04%)