



Blueberry-Lemon Bars

 Dairy Free

READY IN



120 min.

SERVINGS



36

CALORIES



90 kcal

DESSERT

Ingredients

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

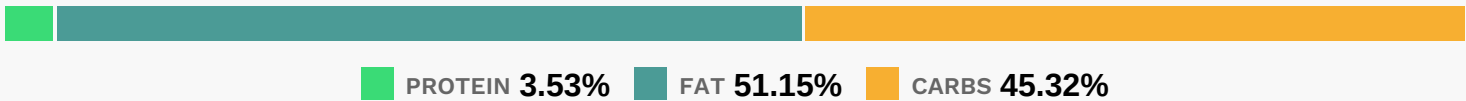
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 35
- ☐ 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:5.14, Glycemic Load:5.92, Inflammation Score:-2, Nutrition Score:1.4043478440979%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg,

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 89.74kcal (4.49%), Fat: 5.16g (7.95%), Saturated Fat: 1.06g (6.66%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 10.01g (3.64%), Sugar: 4.75g (5.27%), Cholesterol: 0mg (0%), Sodium: 59.71mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin A: 227.37IU (4.55%), Vitamin B1: 0.06mg (3.77%), Selenium: 2.39µg (3.41%), Folate: 13.05µg (3.26%), Manganese: 0.06mg (2.9%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.43mg (2.13%), Iron: 0.34mg (1.86%), Vitamin E: 0.22mg (1.46%), Fiber: 0.29g (1.17%)