



## Blueberry-Lemon Squares

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups blueberries fresh frozen rinsed
- ☐ 0.5 lb butter
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt

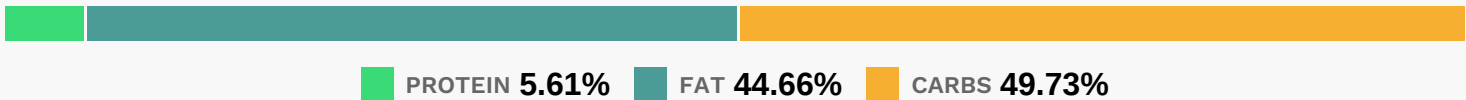
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula

## Directions

- ☐ In a food processor or a bowl, whirl or stir flour and 1/2 cup powdered sugar until blended.
- ☐ Add butter and whirl or rub in with your fingers until dough holds together when squeezed. Press evenly over the bottom of a 9- by 13-inch pan.
- ☐ Bake in a 350 regular or convection oven until crust is golden brown, 20 to 25 minutes.
- ☐ Meanwhile, in a bowl with a mixer on medium speed or a whisk, beat eggs to blend with granulated sugar, lemon peel, lemon juice, baking powder, and salt. Stir in blueberries.
- ☐ Pour egg mixture into pan over warm crust. Return to oven and bake until filling no longer jiggles when pan is gently shaken, 20 to 25 minutes.
- ☐ Sprinkle lightly with powdered sugar and let cool at least 15 minutes.
- ☐ Serve warm or cool. If making up to 1 day ahead, wrap airtight when cool and chill.
- ☐ Cut into about 2-inch squares and lift out with a spatula.

## Nutrition Facts



## Properties

Glycemic Index:11.55, Glycemic Load:12.76, Inflammation Score:-3, Nutrition Score:3.3069564881532%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 170.43kcal (8.52%), Fat: 8.58g (13.2%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 20.94g (7.61%), Sugar: 11.83g (13.15%), Cholesterol: 31mg (10.33%), Sodium: 122.39mg (5.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Selenium: 6.61µg (9.44%), Vitamin A: 388.26IU (7.77%), Vitamin B1: 0.1mg (6.7%), Folate: 26.7µg (6.68%), Vitamin B2: 0.11mg (6.23%), Manganese: 0.11mg (5.71%), Iron: 0.73mg (4.08%), Vitamin B3: 0.74mg (3.71%), Phosphorus: 34.55mg (3.45%), Vitamin E: 0.45mg (2.97%), Vitamin C: 2.34mg (2.83%), Fiber: 0.56g (2.23%), Vitamin B5: 0.2mg (2.03%), Vitamin K: 1.85µg (1.76%), Calcium: 15.14mg (1.51%), Copper: 0.03mg (1.48%), Vitamin B12: 0.08µg (1.39%), Zinc: 0.21mg (1.38%), Vitamin B6: 0.03mg (1.33%), Magnesium: 4.66mg (1.16%), Vitamin D: 0.17µg (1.11%), Potassium: 38.99mg (1.11%)