



Butter-Crunch Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 0.3 teaspoon mace
- ☐ 3.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup cottage cheese 1% low-fat
- ☐ 0.3 teaspoon salt

Equipment

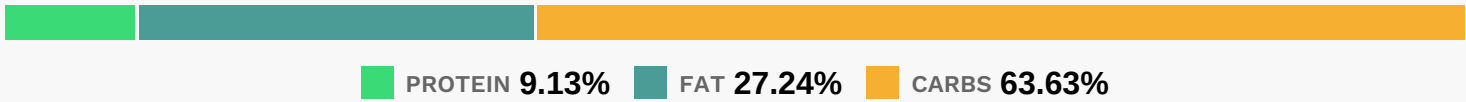
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, place first 4 ingredients in a large bowl, and beat with a mixer at medium speed until smooth. Weigh or lightly spoon 5 ounces (about 1 cup) flour into a dry measuring cup, and level with a knife.
- ☐ Add flour to butter mixture, and beat at low speed until well blended. Press crust into bottom of an 8-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes.
- ☐ To prepare filling, place cottage cheese in a food processor; process 2 minutes or until smooth, scraping sides of bowl once.
- ☐ Add granulated sugar and next 6 ingredients (through egg white), and process until well blended.
- ☐ Pour filling over crust.
- ☐ Bake at 350 for 25 minutes or until set (the edges will get lightly browned). Cool. Cover and chill 8 hours.

Sprinkle with powdered sugar before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:18.08, Inflammation Score:0, Nutrition Score:3.2421739166198%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 191.69kcal (9.58%), Fat: 5.9g (9.08%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 30.62g (11.13%), Sugar: 21.79g (24.21%), Cholesterol: 29.81mg (9.94%), Sodium: 177.8mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Selenium: 7.71µg (11.01%), Vitamin B2: 0.13mg (7.43%), Folate: 26.89µg (6.72%), Vitamin B1: 0.1mg (6.61%), Phosphorus: 54.38mg (5.44%), Manganese: 0.09mg (4.34%), Iron: 0.71mg (3.92%), Vitamin A: 188.64IU (3.77%), Vitamin B3: 0.73mg (3.67%), Vitamin C: 2.35mg (2.84%), Vitamin B12: 0.17µg (2.82%), Calcium: 25.93mg (2.59%), Vitamin B5: 0.18mg (1.81%), Potassium: 60.78mg (1.74%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.22mg (1.48%), Vitamin E: 0.21mg (1.38%), Magnesium: 5.28mg (1.32%)