



Butter Crunch Lemon-Cheese Bars

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup 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 curd 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. Lightly spoon 1 cup flour into a dry measuring cup, and level with a knife.
- ☐ Add 1 cup flour to butter mixture, and beat at low speed until well-blended. Press crust into an 8-inch square 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 1 cup granulated sugar and remaining ingredients, and process until well-blended.
- ☐ Pour filling over crust.
- ☐ Bake at 350 for 25 minutes or until set (the edges will get lightly browned), and cool. Cover and chill for 8 hours.

Nutrition Facts



 **PROTEIN 9.13%**  **FAT 27.25%**  **CARBS 63.62%**

Properties

Glycemic Index:45.26, Glycemic Load:27.15, Inflammation Score:-3, Nutrition Score:4.8286956108135%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 287.47kcal (14.37%), Fat: 8.85g (13.62%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 45.9g (16.69%), Sugar: 32.69g (36.32%), Cholesterol: 44.72mg (14.91%), Sodium: 279.84mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Selenium: 11.56µg (16.51%), Vitamin B2: 0.19mg (11.15%), Folate: 40.33µg (10.08%), Vitamin B1: 0.15mg (9.91%), Phosphorus: 75.72mg (7.57%), Manganese: 0.13mg (6.49%), Iron: 1.06mg (5.9%), Vitamin A: 282.96IU (5.66%), Vitamin B3: 1.1mg (5.5%), Vitamin C: 3.52mg (4.27%), Vitamin B12: 0.25µg (4.22%), Calcium: 40.82mg (4.08%), Vitamin B5: 0.27mg (2.72%), Fiber: 0.58g (2.34%), Copper: 0.05mg (2.34%), Vitamin B6: 0.05mg (2.26%), Potassium: 78.57mg (2.24%), Zinc: 0.33mg (2.21%), Vitamin E: 0.31mg (2.07%), Magnesium: 7.92mg (1.98%)