

Buttery Lemon Squares

 Vegetarian

READY IN



80 min.

SERVINGS



1

CALORIES



4771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 lb butter at room temperature
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 6 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 0.5 cup powdered sugar

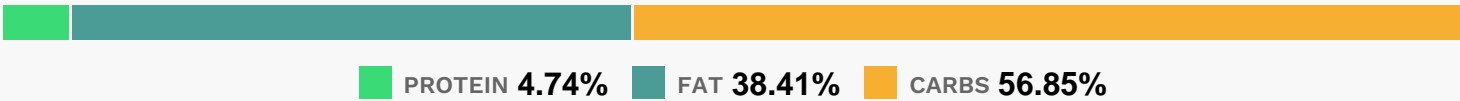
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ In a bowl, with an electric mixer at medium speed, beat butter and 1/2 cup powdered sugar until smooth. Beat in 2 cups flour until dough is no longer crumbly. Pat into a ball.
- ☐ Press dough evenly into a buttered and floured 9- by 13-inch baking pan.
- ☐ Bake in a 350 oven until golden, about 20 minutes.
- ☐ Meanwhile, in a food processor, or in a bowl with an electric mixer on medium speed, whirl or beat granulated sugar, remaining 1/3 cup flour, baking powder, grated lemon peel, lemon juice, and eggs to blend.
- ☐ Pour onto hot crust.
- ☐ Bake until lemon mixture is no longer runny in the center (cut to test), 35 to 40 minutes.
- ☐ Remove from the oven and dust with remaining 2 tablespoons powdered sugar.
- ☐ Let cool completely in pan, then cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:287.09, Glycemic Load:441.34, Inflammation Score:-10, Nutrition Score:57.102173929629%

Flavonoids

Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg Hesperetin: 13.02mg, Hesperetin: 13.02mg, Hesperetin: 13.02mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg,

Naringenin: 1.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 4770.52kcal (238.53%), Fat: 207.32g (318.95%), Saturated Fat: 123.32g (770.77%), Carbohydrates: 690.22g (230.07%), Net Carbohydrates: 681.75g (247.91%), Sugar: 461.94g (513.26%), Cholesterol: 1231.61mg (410.54%), Sodium: 2178.41mg (94.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.62g (115.23%), Selenium: 165.42µg (236.32%), Folate: 652.94µg (163.24%), Vitamin B1: 2.4mg (160.29%), Vitamin B2: 2.54mg (149.13%), Vitamin A: 6754.54IU (135.09%), Manganese: 2.07mg (103.74%), Iron: 17.85mg (99.17%), Vitamin B3: 17.56mg (87.8%), Phosphorus: 860.63mg (86.06%), Vitamin E: 7.68mg (51.19%), Vitamin B5: 4.72mg (47.2%), Vitamin C: 38.7mg (46.91%), Calcium: 459.24mg (45.92%), Vitamin B12: 2.17µg (36.09%), Fiber: 8.47g (33.88%), Zinc: 4.92mg (32.83%), Copper: 0.61mg (30.69%), Vitamin D: 4µg (26.67%), Vitamin B6: 0.52mg (26.08%), Magnesium: 99.63mg (24.91%), Potassium: 750.01mg (21.43%), Vitamin K: 17.35µg (16.52%)