



WHATSheATE



Chipotle Lemon Bars



Dairy Free

READY IN



95 min.

SERVINGS



16

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter chilled
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 0.5 cup confectioners' sugar
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.4 cup juice of lemon

- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups sugar white

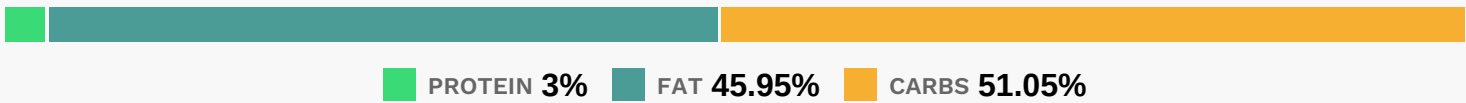
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch square pan.
- ☐ Combine 2 cups flour, butter, 1/2 cup confectioners' sugar, and 1/2 teaspoon chipotle chile powder in a food processor; pulse until mixture resembles coarse crumbs. Press the mixture into the prepared pan.
- ☐ Bake in preheated oven for 30 minutes, or until firm and golden.
- ☐ Remove from oven and allow to cool at least 20 minutes in the pan.
- ☐ Reduce the oven temperature to 325 degrees F (165 degrees C).
- ☐ In a small bowl, whisk together the preserves and 1/2 teaspoon chipotle chile powder; spread over the cooled crust. Whip eggs with a wire whisk until foamy. Beat in sugar, lemon juice, and salt until the sugar has dissolved. Sift together 1/3 cup flour and baking powder; whisk into eggs until smooth.
- ☐ Pour onto the preserve-topped crust.
- ☐ Bake in preheated oven an additional 35 to 40 minutes, until the center of the egg mixture has set. Sift together 1/3 cup confectioners' sugar with 1/2 teaspoon chipotle powder, and sprinkle over hot lemon bars. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:16.77, Inflammation Score:-4, Nutrition Score:2.4113043640619%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 239.85kcal (11.99%), Fat: 12.59g (19.37%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 31.32g (11.39%), Sugar: 27.89g (30.99%), Cholesterol: 40.92mg (13.64%), Sodium: 214.75mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin A: 577.33IU (11.55%), Selenium: 4.52µg (6.45%), Vitamin B2: 0.08mg (4.42%), Vitamin E: 0.57mg (3.81%), Phosphorus: 33.94mg (3.39%), Vitamin C: 2.68mg (3.24%), Folate: 11.27µg (2.82%), Calcium: 27.1mg (2.71%), Iron: 0.38mg (2.13%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.11µg (1.87%), Vitamin B1: 0.03mg (1.84%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.02mg (1.24%), Manganese: 0.02mg (1.23%), Zinc: 0.17mg (1.12%)