

Citrus Bars

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 4 large eggs beaten
- 2.3 cups flour all-purpose divided
- 1.8 cups granulated sugar
- 0.3 cup juice of lemon fresh
- 100 servings garnish: orange and lemon rind strips
- 0.3 cup orange juice fresh

- 1 teaspoon orange rind finely grated
- 0.5 cup powdered sugar
- 1 tablespoon powdered sugar
- 0.3 teaspoon salt

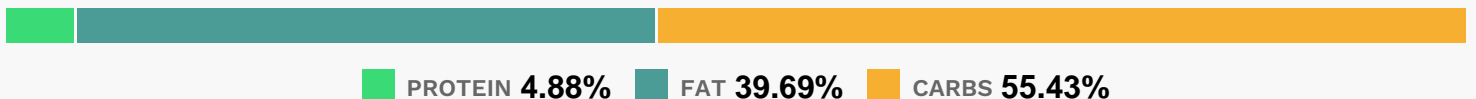
Equipment

- frying pan
- oven
- whisk
- wire rack
- baking pan
- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until creamy; add 2 cups flour and 1/2 cup powdered sugar. Beat until mixture forms a smooth dough. Press mixture into a lightly greased 13- x 9-inch baking pan.
- Bake at 350 for 20 to 22 minutes or until lightly browned.
- Whisk together remaining 1/4 cup flour, granulated sugar, and next 6 ingredients; pour over baked crust.
- Bake at 350 for 28 to 30 minutes or until set. Cool in pan on wire rack.
- Sprinkle evenly with 1 tablespoon powdered sugar, and cut into bars.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:0.76391304381516%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.18kcal (2.31%), Fat: 2.07g (3.19%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.41g (2.33%), Sugar: 4.27g (4.75%), Cholesterol: 12.32mg (4.11%), Sodium: 27.62mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Selenium: 1.62µg (2.31%), Folate: 6.6µg (1.65%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.03mg (1.48%), Vitamin A: 69.41IU (1.39%), Vitamin C: 1.01mg (1.23%), Manganese: 0.02mg (1.01%)