

Classic Lemon Bars

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

24

CALORIES

calories

319 kcal

DESSERT

Ingredients

- ☐ 1.5 sticks butter unsalted diced
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose sifted
- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 cup juice of lemon fresh from 8 lemons
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup brown sugar light packed

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup confectioner's sugar plus more for garnish
- ☐ 24 servings vegetable oil for greasing

Equipment

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

Directions

- ☐ Make the crust: Position a rack in the middle of the oven and preheat to 350 degrees F. Grease a 9-by-13-inch pan with vegetable oil and line with foil, leaving a 2-inch overhang on all sides; grease the foil with oil. Pulse the butter, flour, both sugars and the salt in a food processor until the dough comes together, about 1 minute. Press evenly into the bottom and about 1/2 inch up the sides of the prepared pan, making sure there are no cracks.
- ☐ Bake until the crust is golden, about 25 minutes.
- ☐ Whisk the whole eggs and yolks, sugar and flour in a bowl until smooth.
- ☐ Whisk in the lemon zest and juice.
- ☐ Remove the crust from the oven and reduce the temperature to 300 degrees F.
- ☐ Pour the filling over the warm crust and return to the oven.
- ☐ Bake until the filling is just set, 30 to 35 minutes.
- ☐ Let the bars cool in the pan on a rack, then refrigerate until firm, at least 2 hours. Lift out of the pan using the foil and slice. Dust with confectioners' sugar before serving.
- ☐ Photograph by Stephanie Foley

Nutrition Facts



 PROTEIN 2.22%  FAT 57.15%  CARBS 40.63%

Properties

Glycemic Index:12.09, Glycemic Load:21.25, Inflammation Score:-2, Nutrition Score:4.2539130915766%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 318.95kcal (15.95%), Fat: 20.69g (31.83%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 32.73g (11.9%), Sugar: 23.33g (25.92%), Cholesterol: 45.78mg (15.26%), Sodium: 27.56mg (1.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin K: 26.3µg (25.04%), Vitamin E: 1.4mg (9.37%), Selenium: 5.94µg (8.49%), Folate: 28.66µg (7.16%), Vitamin B1: 0.1mg (6.88%), Vitamin C: 4.04mg (4.9%), Vitamin B2: 0.08mg (4.88%), Manganese: 0.09mg (4.42%), Vitamin A: 218IU (4.36%), Iron: 0.68mg (3.78%), Vitamin B3: 0.73mg (3.67%), Phosphorus: 26.78mg (2.68%), Vitamin D: 0.26µg (1.73%), Vitamin B5: 0.16mg (1.62%), Fiber: 0.37g (1.47%), Copper: 0.03mg (1.25%), Vitamin B12: 0.07µg (1.12%), Zinc: 0.16mg (1.1%), Vitamin B6: 0.02mg (1.06%)