



Coconut-Lime Bars with Hazelnut Shortbread Crust

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour
- ☐ 5 large eggs
- ☐ 1 cup hazelnuts husked toasted
- ☐ 0.8 cup juice of lime fresh (from 8 large limes)
- ☐ 1 tablespoon lime zest finely grated
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar

☐ 13 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Blend nuts and sugar in processor until nuts are finely ground.
- ☐ Add flour and salt; blend 5 seconds.
- ☐ Add butter and process until well blended. Press dough evenly onto bottom of 13 x 9 x 2-inch metal baking pan.
- ☐ Bake crust until golden brown, about 28 minutes; cool completely in pan on rack. Maintain oven temperature.
- ☐ Whisk sugar and eggs in large bowl until well blended, scraping down sides of bowl occasionally.
- ☐ Whisk in lime juice, then flour and lime peel.
- ☐ Pour filling over crust in pan.
- ☐ Bake lime bars 25 minutes (filling will not be fully set).
- ☐ Sprinkle coconut evenly over.
- ☐ Bake until filling is completely set, about 10 minutes longer.
- ☐ Cool bars in pan on rack. Chill uncovered until cold, at least 2 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- ☐ Cut around pan sides to loosen bars; cut into 24 pieces. Using small spatula, transfer bars to platter; serve chilled.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:3.5473913006161%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.12kcal (8.66%), Fat: 10.26g (15.78%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.93g (6.88%), Sugar: 17.03g (18.92%), Cholesterol: 55.05mg (18.35%), Sodium: 40.21mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 0.33mg (16.3%), Vitamin E: 1.05mg (7.02%), Selenium: 4.09µg (5.84%), Copper: 0.1mg (5.03%), Vitamin A: 250.66IU (5.01%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 39.92mg (3.99%), Folate: 14.73µg (3.68%), Vitamin B1: 0.05mg (3.49%), Vitamin C: 2.66mg (3.22%), Iron: 0.52mg (2.87%), Magnesium: 10.55mg (2.64%), Vitamin B6: 0.05mg (2.49%), Vitamin B5: 0.23mg (2.31%), Fiber: 0.57g (2.28%), Vitamin D: 0.32µg (2.15%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.76%), Potassium: 61.49mg (1.76%), Calcium: 14.94mg (1.49%), Vitamin K: 1.32µg (1.26%), Vitamin B3: 0.21mg (1.07%)