



## Creamy Lemon Crumb Squares

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed (lightly )
- 0.5 cup butter softened
- 1.3 cup flour all-purpose
- 0.5 cup juice of lemon
- 1 lemon zest
- 1 cup rolled oats
- 0.5 teaspoon salt

14 Ounce condensed milk sweetened canned

## Equipment

frying pan

oven

## Directions

PREHEAT OVEN TO 350 DEGREES.

Mix butter and brown sugar until well combined. Sift together flour, salt, and baking powder.

Add oats and flour to butter/sugar mixture and mix to combine. Press half of crumb mixture into the bottom of an 8 x 11 inch pan.

Mix together condensed milk, lemon juice, and lemon zest.

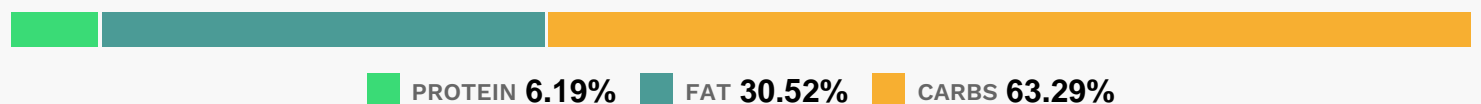
Spread onto the bottom layer of the crumb mixture. Top with the other half of the crumb mixture, but don't press.

Bake for 20 to 25 minutes, or until golden brown. Allow pan to sit on counter for 30 minutes after baking.

Cut into squares and refrigerate for a couple of hours or until cool.

Serve cool.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:20.29, Inflammation Score:-4, Nutrition Score:6.8060869937358%

## 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: 322.46kcal (16.12%), Fat: 11.15g (17.15%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 50.89g (18.5%), Sugar: 36.16g (40.18%), Cholesterol: 31.58mg (10.53%), Sodium: 241mg

(10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Manganese: 0.36mg (17.76%), Selenium: 11.89µg (16.98%), Calcium: 137.94mg (13.79%), Phosphorus: 137.56mg (13.76%), Vitamin B2: 0.22mg (13.05%), Vitamin B1: 0.17mg (11.54%), Folate: 33.78µg (8.45%), Vitamin C: 5.44mg (6.59%), Iron: 1.18mg (6.53%), Vitamin A: 325.53IU (6.51%), Magnesium: 23.6mg (5.9%), Potassium: 200.04mg (5.72%), Vitamin B3: 1mg (5%), Fiber: 1.14g (4.57%), Zinc: 0.67mg (4.5%), Vitamin B5: 0.43mg (4.34%), Copper: 0.06mg (3.11%), Vitamin B12: 0.16µg (2.69%), Vitamin E: 0.33mg (2.17%), Vitamin B6: 0.04mg (2.15%)