



## Creamy Lemon Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter unsalted plus more for pan room temperature (1 stick)
- 0.5 cup powdered sugar for dusting plus more
- 0.3 teaspoon salt
- 1 cup flour all-purpose (spooned and leveled)
- 4 large egg yolk
- 14 ounces condensed milk sweetened canned
- 0.8 cup juice of lemon fresh (from 3 lemons)

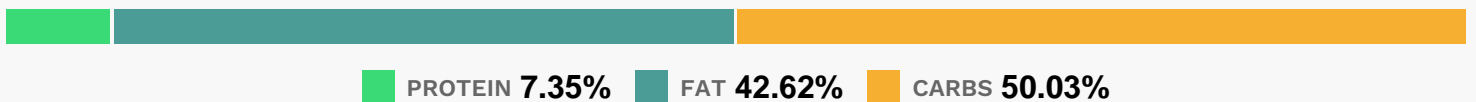
### Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- baking pan
- hand mixer

## Directions

- Preheat oven to 350 degrees. Butter an 8-inch square baking pan. Line bottom with parchment paper, leaving an overhang on two sides; butter paper.
- Make crust: Using an electric mixer, beat butter, sugar, and salt until light and fluffy.
- Add flour, and mix on low just until combined. Press dough into the bottom and 1/2 inch up sides of prepared pan; prick all over with a fork.
- Bake until lightly golden, 15 to 20 minutes.
- Make filling: In a large bowl, whisk together yolks, condensed milk, and lemon juice until smooth.
- Pour over hot crust in pan; return to oven, and bake until filling is set, 25 to 30 minutes. Cool completely in pan.
- Refrigerate until filling is firm, about 2 hours or up to 3 days. Using paper overhang, lift cake onto a work surface; cut into 16 squares, and dust with confectioners sugar.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:12.54, Inflammation Score:-2, Nutrition Score:4.2552174148352%

## Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 189.72kcal (9.49%), Fat: 9.14g (14.06%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 23.9g (8.69%), Sugar: 17.5g (19.44%), Cholesterol: 69.59mg (23.2%), Sodium: 71mg (3.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Selenium: 8.8µg (12.58%), Vitamin B2: 0.17mg (9.95%), Phosphorus: 90.39mg (9.04%), Calcium: 79.55mg (7.96%), Folate: 25.73µg (6.43%), Vitamin B1: 0.09mg (6.28%), Vitamin C: 5.07mg (6.15%), Vitamin A: 305.48IU (6.11%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.2µg (3.4%), Potassium: 118.59mg (3.39%), Iron: 0.54mg (2.99%), Manganese: 0.06mg (2.95%), Zinc: 0.4mg (2.65%), Vitamin B3: 0.53mg (2.64%), Vitamin D: 0.39µg (2.57%), Magnesium: 9.21mg (2.3%), Vitamin E: 0.34mg (2.24%), Vitamin B6: 0.04mg (1.82%), Copper: 0.02mg (1.07%)