



Dairy-Free Lime Bars



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup dairy-free margarine unsalted softened (Sarah uses Fleischmann's margarine)
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 23.5 juice of lime
- ☐ 1 teaspoon kosher salt (or half as much table salt)
- ☐ 2 lime zest grated

☐

16 servings powdered sugar for topping

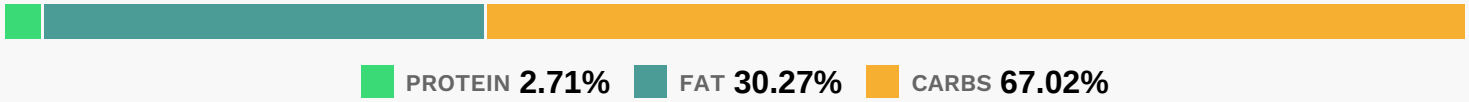
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat the oven to 350°F.In a mixer, beat the margarine into the flour, salt, and sugar and mix until it forms a bowlful of sandy crumbs.Pat this mixture firmly into a well-greased 8×8-inch pan and bake for 20 minutes, until deeply golden.Meanwhile, whisk together the sugar, flour, and baking powder, then whisk in the lemon juice and zest and the eggs.
- ☐ Whisk until smooth, then pour over the partially-baked crust and bake for 25 minutes.Cool, then sift powdered sugar over the top and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:9.48, Inflammation Score:-3, Nutrition Score:2.9678260943164%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 7.55mg, Hesperetin: 7.55mg, Hesperetin: 7.55mg, Hesperetin: 7.55mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 145.29kcal (7.26%), Fat: 5.18g (7.98%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 25.39g (9.23%), Sugar: 21.21g (23.56%), Cholesterol: 20.46mg (6.82%), Sodium: 213.38mg (9.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin C: 15.66mg (18.98%), Vitamin E: 1.54mg (10.26%), Vitamin A: 325.64IU (6.51%), Vitamin K: 4.25µg (4.05%), Selenium: 2.21µg (3.15%), Vitamin B2: 0.04mg (2.47%), Folate: 9.38µg (2.34%), Phosphorus: 22.6mg (2.26%), Potassium: 71.13mg (2.03%), Calcium: 19.79mg (1.98%), Fiber: 0.44g (1.75%), Vitamin B5: 0.16mg (1.61%), Vitamin B1: 0.02mg (1.54%), Vitamin B6: 0.03mg (1.51%), Iron: 0.26mg (1.42%), Magnesium: 4.93mg (1.23%), Copper: 0.02mg (1.21%)