

Double-Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 7 tablespoons juice of lemon fresh with pulp
- ☐ 0.3 cup lemon zest finely grated (from 6 large lemons)
- ☐ 0.7 cup powdered sugar
- ☐ 24 servings powdered sugar
- ☐ 2 cups sugar

☐ 1 cup butter unsalted room temperature (2 sticks)

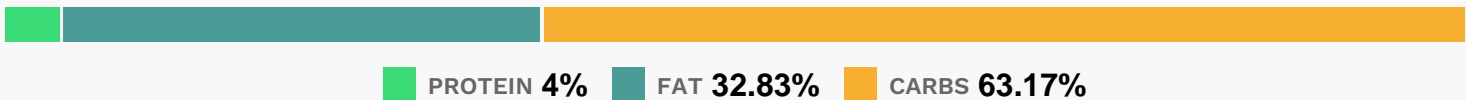
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Using electric mixer, beat butter in large bowl until fluffy. Beat in 2/3 cup powdered sugar.
- ☐ Add 2 cups all purpose flour, 1 cup at a time, beating until moist clumps form. Using back of fork, press dough over bottom of nonstick 13x9x2-inch metal baking pan.
- ☐ Bake crust until light golden, about 20 minutes.
- ☐ Meanwhile, beat 2 cups sugar and eggs in medium bowl until blended. Beat in fresh lemon juice with pulp, lemon peel, and baking powder, then remaining 1/4 cup all purpose flour for filling.
- ☐ Pour lemon filling over hot crust.
- ☐ Bake until filling is set in center and begins to brown on top, about 20 minutes.
- ☐ Transfer pan to rack and cool completely. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Cut pastry into 24 bars.
- ☐ Transfer lemon bars to serving platter and dust with additional powdered sugar.
- ☐ To remove all juice and pulp for the lemon filling, cut lemons in half and use a tiny spoon to scoop between the membranes; discard seeds.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:18.15, Inflammation Score:-2, Nutrition Score:3.12478260372%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 232.16kcal (11.61%), Fat: 8.65g (13.3%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 36.99g (13.45%), Sugar: 27.94g (31.04%), Cholesterol: 51.34mg (17.11%), Sodium: 31.27mg (1.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Selenium: 6.81µg (9.72%), Folate: 26.65µg (6.66%), Vitamin B1: 0.1mg (6.5%), Vitamin B2: 0.11mg (6.23%), Vitamin A: 282.13IU (5.64%), Manganese: 0.08mg (4.21%), Iron: 0.74mg (4.09%), Vitamin C: 2.98mg (3.62%), Phosphorus: 35.55mg (3.55%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.31µg (2.06%), Calcium: 20.37mg (2.04%), Vitamin B5: 0.2mg (1.98%), Fiber: 0.44g (1.74%), Vitamin B12: 0.09µg (1.5%), Copper: 0.03mg (1.4%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.02mg (1.17%), Magnesium: 4.22mg (1.06%)