

## 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
- 0.7 cup powdered sugar
- 24 servings powdered sugar
- 2 cups sugar
- 1 cup butter unsalted room temperature (2 sticks)

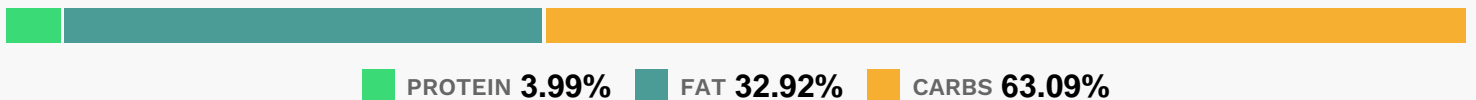
## Equipment

- 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:3.011304375918%

## 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: 231.69kcal (11.58%), Fat: 8.64g (13.3%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 36.94g (13.43%), Sugar: 27.9g (31%), Cholesterol: 51.34mg (17.11%), Sodium: 31.21mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Selenium: 6.8µg (9.71%), Folate: 26.52µg (6.63%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.11mg (6.19%), Vitamin A: 281.63IU (5.63%), Manganese: 0.08mg (4.21%), Iron: 0.73mg (4.05%), Phosphorus: 35.43mg (3.54%), Vitamin B3: 0.71mg (3.53%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.31µg (2.06%), Vitamin C: 1.69mg (2.05%), Vitamin B5: 0.2mg (1.95%), Calcium: 19.03mg (1.9%), Vitamin B12: 0.09µg (1.5%), Zinc: 0.2mg (1.35%), Copper: 0.03mg (1.35%), Fiber: 0.33g (1.32%), Vitamin B6: 0.02mg (1.08%), Magnesium: 4.07mg (1.02%)