



Easy Lemon Bars

READY IN



50 min.

SERVINGS



15

CALORIES



214 kcal

DESSERT

Ingredients

- 8 ounce cream cheese
- 1 eggs
- 18.3 ounce lemon cake mix with pudding
- 1 tablespoon juice of lemon
- 0.5 cup vegetable oil
- 0.3 cup sugar white

Equipment

- bowl

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

Pour cake mix into a large bowl.

Add the egg and oil; mix until well blended.

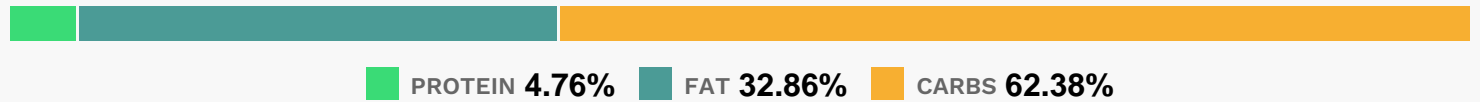
Mixture will be slightly dry. Reserve one cup for the topping, and pat the rest into an ungreased 9x13 inch pan.

Bake for 15 minutes in the preheated oven. Set aside to cool. Meanwhile, in a medium bowl, beat the cream cheese with the sugar and lemon juice until smooth.

Spread the mixture evenly over the baked crust. Crumble the reserved cake mix mixture over the top.

Bake for an additional 15 minutes in the preheated oven, or until filling is set and the topping is lightly toasted. Cool before cutting into bars. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:3.33, Inflammation Score:-2, Nutrition Score:3.6713043075541%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 214.22kcal (10.71%), Fat: 7.91g (12.17%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 33.36g (12.13%), Sugar: 19.97g (22.19%), Cholesterol: 26.18mg (8.73%), Sodium: 302.8mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Phosphorus: 128.99mg (12.9%), Calcium: 89.19mg (8.92%), Vitamin B2: 0.13mg (7.58%), Folate: 26.39µg (6.6%), Vitamin B1: 0.08mg (5.64%), Selenium: 3.26µg (4.66%), Vitamin A: 218.96IU (4.38%), Iron: 0.79mg (4.38%), Vitamin B3: 0.82mg (4.08%), Vitamin E: 0.6mg (3.99%), Vitamin K: 4µg (3.81%), Manganese: 0.07mg (3.43%), Vitamin B5: 0.26mg (2.58%), Vitamin B6: 0.04mg (2.02%),

Fiber: 0.42g (1.67%), Vitamin B12: 0.09µg (1.56%), Copper: 0.03mg (1.51%), Zinc: 0.21mg (1.38%), Magnesium: 5.22mg (1.31%), Potassium: 41.34mg (1.18%)