



Easy Lemon Squares

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 3 large eggs
- 1 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 0.8 cup granulated sugar
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon rind grated

- 2 teaspoons powdered sugar
- 0.1 teaspoon salt
- 3 tablespoons stick margarine softened

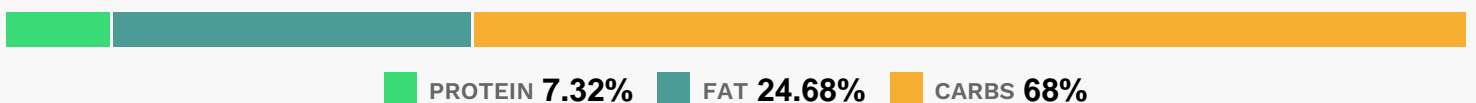
Equipment

- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 350
- To prepare the crust, beat 1/4 cup granulated sugar and the butter at medium speed of a mixer until creamy. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Gradually add 1 cup flour to sugar mixture, beating at low speed until mixture resembles fine crumbs. Gently press mixture into bottom of an 8-inch square baking pan.
- Bake at 350 for 15 minutes; cool on a wire rack.
- To prepare topping, beat eggs at medium speed until foamy.
- Add 3/4 cup granulated sugar and next 5 ingredients (3/4 cup granulated sugar through salt), and beat until well-blended.
- Pour mixture over partially baked crust.
- Bake at 350 for 20 to 25 minutes or until set. Cool on wire rack. Sift powdered sugar evenly over top.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:13.85, Inflammation Score:-2, Nutrition Score:2.4991304273515%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 117.3kcal (5.86%), Fat: 3.27g (5.03%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 19.96g (7.26%), Sugar: 12.92g (14.35%), Cholesterol: 34.88mg (11.63%), Sodium: 71.26mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Selenium: 6.09µg (8.7%), Folate: 22.35µg (5.59%), Vitamin B2: 0.09mg (5.46%), Vitamin B1: 0.08mg (5.18%), Iron: 0.62mg (3.43%), Manganese: 0.07mg (3.33%), Phosphorus: 32.33mg (3.23%), Vitamin A: 150.23IU (3%), Vitamin B3: 0.56mg (2.79%), Vitamin C: 2.3mg (2.78%), Vitamin B5: 0.19mg (1.94%), Calcium: 15.59mg (1.56%), Vitamin B12: 0.09µg (1.44%), Vitamin E: 0.2mg (1.32%), Zinc: 0.19mg (1.27%), Vitamin D: 0.19µg (1.25%), Fiber: 0.29g (1.16%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.1%)