



Bisquick® Gluten-Free Lemon Squares



Vegetarian



Gluten Free



Low Fod Map

READY IN



240 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 0.3 cup powdered sugar
- 1 cup granulated sugar
- 2 teaspoons lemon zest grated
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 2 eggs

- 2 tablespoons butter melted
- 1 serving powdered sugar
- 1 cup frangelico gluten free

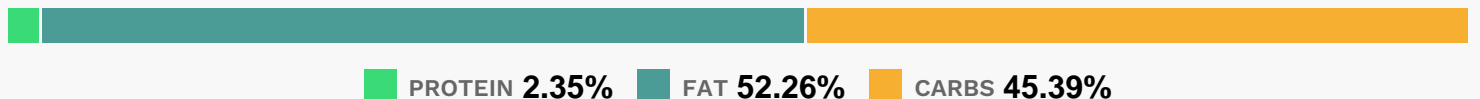
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, mix Bisquick mix, 1/2 cup butter and 1/4 cup powdered sugar until blended. (
- Mixture will be crumbly.) Press in bottom of ungreased 8-inch square pan.
- Bake 20 minutes or until lightly browned.
- In medium bowl, mix granulated sugar, lemon peel, lemon juice, baking powder, salt and eggs with electric mixer on medium speed 3 minutes or until light and fluffy. Beat in melted butter.
- Pour over hot crust.
- Bake 25 to 26 minutes or until no indentation remains when touched lightly in center. Cool completely in pan on cooling rack, about 1 hour. Refrigerate 2 hours or until well chilled.
- Sprinkle with powdered sugar.
- Cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:1.0234782720066%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.44kcal (6.47%), Fat: 7.74g (11.91%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 15.1g (5.49%), Sugar: 14.9g (16.56%), Cholesterol: 39.47mg (13.16%), Sodium: 114.48mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin A: 251IU (5.02%), Selenium: 1.87µg (2.67%), Vitamin B2: 0.03mg (1.86%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.41mg (1.71%), Phosphorus: 16.01mg (1.6%), Calcium: 13.22mg (1.32%), Vitamin B12: 0.06µg (1.07%)