



WHAT'SheATE



Fourth of July Lemon Bars



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 0.3 cup blueberries
- ☐ 0.7 oz decorating gel red
- ☐ 16 oz lemon bar mix
- ☐ 0.3 cup powdered sugar

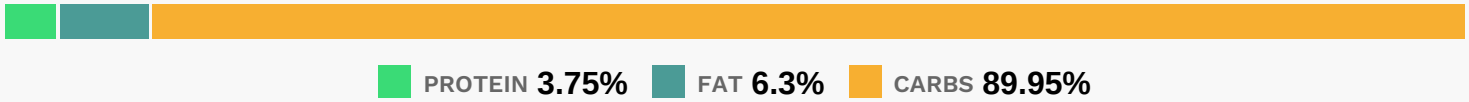
Equipment

- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Prepare lemon bars as directed on package; bake in an ungreased 9"x9" baking pan. Cool completely in pan on a wire rack.
- ☐ Cut into 6 rectangular bars.
- ☐ Place bars on a serving plate.
- ☐ Sprinkle with powdered sugar. Pipe stripes across bars with decorating gel.
- ☐ Place 6 blueberries in the top corner of each bar.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:5.7278260695546%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 301.17kcal (15.06%), Fat: 2.12g (3.26%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 67.13g (24.41%), Sugar: 38.23g (42.48%), Cholesterol: 0mg (0%), Sodium: 550.52mg (23.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Phosphorus: 235.1mg (23.51%), Calcium: 159.93mg (15.99%), Folate: 51.78µg (12.94%), Vitamin B1: 0.18mg (11.79%), Vitamin B2: 0.18mg (10.48%), Vitamin B3: 1.78mg (8.88%), Iron: 1.59mg (8.85%), Manganese: 0.17mg (8.27%), Vitamin E: 0.73mg (4.87%), Fiber: 1.06g (4.22%), Selenium: 2.3µg (3.29%), Vitamin K: 3.38µg (3.22%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (2.91%), Vitamin B5: 0.28mg (2.83%), Magnesium: 7.93mg (1.98%), Zinc: 0.21mg (1.43%), Vitamin B12: 0.08µg (1.26%), Potassium: 40.38mg (1.15%)