



Fresh Lemon Bars

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blanched almonds and
- ☐ 2 tablespoons confectioners' sugar for dusting
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 0.8 cup juice of lemon freshly squeezed
- ☐ 10.6 oz shortbread cookies
- ☐ 0.5 teaspoon vanilla extract pure

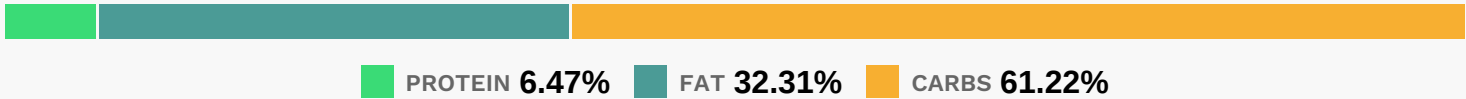
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Spread almonds in 13-by-9-inch metal baking pan and bake for 10 minutes, until fragrant and golden.
- ☐ Transfer nuts to a board and let cool.
- ☐ Place almonds in the bowl of a food processor and pulse in 10 one-second pulses to coarsely grind. Break shortbread cookies into small pieces, add to almonds, then pulse again until mixture is finely ground and beginning to clump.
- ☐ Transfer crumbs to same baking pan, spreading evenly, then press crumbs firmly into bottom of pan.
- ☐ Bake at 350 until golden and set, about 10 minutes.
- ☐ In a bowl, whisk together sugar and flour.
- ☐ Whisk in lemon juice, then eggs and vanilla extract.
- ☐ Pour lemon mixture over warm crust, reduce oven temperature to 300 and bake until set, about 30 minutes.
- ☐ Transfer pan to a rack and let cool completely.
- ☐ Cut into 20 bars and dust with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:17.63, Inflammation Score:-1, Nutrition Score:3.5869565269221%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 180.71kcal (9.04%), Fat: 6.62g (10.18%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 27.63g (10.05%), Sugar: 19.43g (21.59%), Cholesterol: 37.2mg (12.4%), Sodium: 68.14mg (2.96%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.98g (5.97%), Vitamin E: 1.23mg (8.19%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.14mg (7.03%), Selenium: 4.91µg (7.02%), Folate: 24.04µg (6.01%), Vitamin B1: 0.08mg (5.44%), Phosphorus: 47.74mg (4.77%), Iron: 0.84mg (4.65%), Vitamin C: 3.54mg (4.29%), Vitamin B3: 0.74mg (3.71%), Magnesium: 12.7mg (3.17%), Copper: 0.06mg (2.92%), Fiber: 0.59g (2.35%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.04mg (1.82%), Potassium: 59.73mg (1.71%), Vitamin K: 1.69µg (1.61%), Calcium: 15.96mg (1.6%), Vitamin B12: 0.09µg (1.48%), Vitamin A: 67.69IU (1.35%), Vitamin D: 0.2µg (1.33%)