



Ginger-Lemon Bars with Almond Streusel

READY IN



110 min.

SERVINGS



1

CALORIES



3910 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter cold
- ☐ 3 tablespoons candied ginger finely chopped
- ☐ 2 cups flour all-purpose
- ☐ 10 oz lemon curd
- ☐ 0.5 cup powdered sugar
- ☐ 1 serving powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup slivered almonds

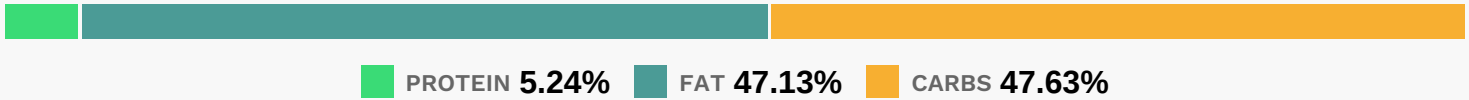
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large bowl; cut in butter with a pastry blender until crumbly. Toss in almonds; reserve 1 cup flour mixture. Press remaining flour mixture onto bottom of a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 15 to 20 minutes or until lightly browned.
- ☐ Spread lemon curd over crust, leaving a 1/4-inch border.
- ☐ Sprinkle with ginger and reserved flour mixture.
- ☐ Bake 15 to 20 minutes or until lightly browned.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Dickinson's Lemon Curd.

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:138.81, Inflammation Score:-10, Nutrition Score:54.544782659282%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 3910.27kcal (195.51%), Fat: 207.02g (318.5%), Saturated Fat: 107.7g (673.13%), Carbohydrates: 470.82g (156.94%), Net Carbohydrates: 453.38g (164.86%), Sugar: 263.63g (292.92%), Cholesterol: 366.04mg (122.01%), Sodium: 3085.48mg (134.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.81g (103.63%), Manganese: 3.56mg (178%), Vitamin E: 24.84mg (165.57%), Vitamin B1: 2.14mg (142.47%), Vitamin B2: 2.23mg (131.13%), Selenium: 90.19µg (128.84%), Folate: 498.25µg (124.56%), Vitamin B3: 17.76mg (88.82%), Vitamin A: 4255.36IU (85.11%), Iron: 14.68mg (81.58%), Phosphorus: 700.47mg (70.05%), Fiber: 17.44g (69.77%), Magnesium: 277.12mg (69.28%), Copper: 1.2mg (59.98%), Calcium: 297.29mg (29.73%), Zinc: 4.44mg (29.59%), Potassium: 903.57mg (25.82%), Vitamin B5: 1.66mg (16.62%), Vitamin K: 12.67µg (12.06%), Vitamin B6: 0.23mg (11.3%), Vitamin B12: 0.29µg (4.82%)