



Ginger-Lime Bars

 Vegetarian

READY IN



47 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons crystallized ginger minced
- 3 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 2 teaspoons ginger fresh grated peeled
- 1.3 cups honey graham cracker crumbs low-fat (9 sheets)
- 0.8 cup granulated sugar
- 2 tablespoons granulated sugar

- 0.3 cup butter light melted
- 0.3 cup juice of lime fresh
- 2 teaspoons lime rind grated
- 2 teaspoons powdered sugar
- 0.1 teaspoon salt

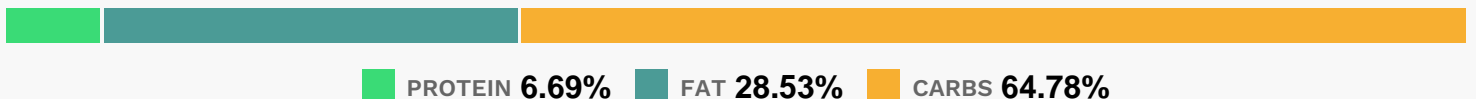
Equipment

- oven
- whisk
- mixing bowl
- wire rack
- baking pan

Directions

- Preheat oven to 350
- Combine first 4 ingredients in a mixing bowl; mix well. Press into an 8-inch square baking pan coated with cooking spray.
- Bake at 350 for 12 minutes; cool slightly on a wire rack.
- Whisk together eggs and next 7 ingredients until smooth.
- Pour egg mixture over prepared crust.
- Bake at 350 for 20 to 22 minutes or until set. Cool completely on wire rack. Sift powdered sugar evenly over top.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:15.93, Inflammation Score:-1, Nutrition Score:2.4995652048484%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 151.36kcal (7.57%), Fat: 4.89g (7.53%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 24.59g (8.94%), Sugar: 18.25g (20.28%), Cholesterol: 51.8mg (17.27%), Sodium: 119.73mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Selenium: 4.62µg (6.6%), Vitamin B2: 0.09mg (5.58%), Phosphorus: 50.92mg (5.09%), Iron: 0.76mg (4.21%), Folate: 14.12µg (3.53%), Vitamin A: 155.93IU (3.12%), Vitamin B1: 0.04mg (2.8%), Calcium: 27.65mg (2.77%), Vitamin C: 2.13mg (2.58%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.21mg (2.1%), Magnesium: 8.07mg (2.02%), Vitamin D: 0.3µg (2%), Vitamin B12: 0.12µg (1.96%), Vitamin B6: 0.03mg (1.73%), Fiber: 0.39g (1.57%), Vitamin E: 0.23mg (1.52%), Potassium: 48.22mg (1.38%)