



Gingered Lemon Bars

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter unsalted softened
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon lemon zest freshly grated
- ☐ 0.5 cup crystallized ginger minced
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 pinch salt
- ☐ 1.5 cups flour all-purpose
- ☐ 3 large eggs

- ☐ 1.3 cups granulated sugar
- ☐ 6 Tbsp juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 3 Tbsp flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

Equipment

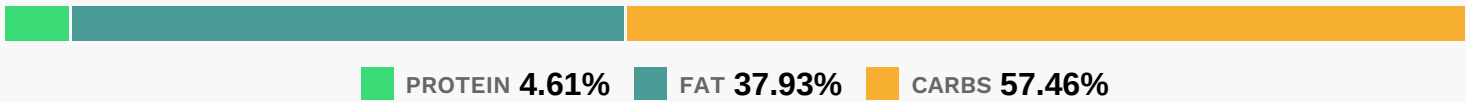
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Make the crust batter: Preheat the oven to 350°F. Using an electric mixer, beat the butter.
- ☐ Add 1/3 cup of sifted powdered sugar, and beat until light and fluffy.
- ☐ Beat in half a teaspoon of the lemon zest, the ground ginger, the crystallized ginger, and a pinch of salt.
- ☐ Add 1 1/2 cups of flour in batches, a 1/4 cup at a time, beating after each addition. Continue to beat the crust batter until it is well combined.
- ☐ Spread the crust batter evenly over the bottom of a 13x9-inch baking dish.
- ☐ Bake at 350°F for 12 to 15 minutes, or until browned lightly around the edges.
- ☐ Make the lemon batter: While the crust is baking, whisk together the eggs, granulated sugar, lemon juice, 1/2 teaspoon of lemon zest, 3 Tbsp of flour, the baking powder, and 1/4 teaspoon of salt in a medium sized bowl.
- ☐ Whisk until well blended.
- ☐ Pour the lemon batter over the pre-baked crust.
- ☐ Bake at 350°F for 15 to 20 minutes or until the top is golden.

- ☐ If you want, sift a little additional powdered sugar over the top.
- ☐ Let the lemon bars cool in the pan on a rack.
- ☐ Cut it into 36 pieces.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:8.41, Inflammation Score:-1, Nutrition Score:1.5391304259715%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.93kcal (5.05%), Fat: 4.32g (6.65%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.55g (5.29%), Sugar: 10.05g (11.17%), Cholesterol: 25.67mg (8.56%), Sodium: 30.1mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Selenium: 3.38µg (4.83%), Folate: 13.29µg (3.32%), Vitamin B1: 0.05mg (3.22%), Vitamin B2: 0.05mg (3.03%), Vitamin A: 140.87IU (2.82%), Manganese: 0.06mg (2.79%), Iron: 0.37mg (2.03%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 17.18mg (1.72%), Vitamin C: 1.04mg (1.26%), Vitamin E: 0.16mg (1.07%), Vitamin D: 0.15µg (1.03%)