



Glazed Lemon-Coconut Bars

 Vegetarian  Low Fod Map

READY IN



110 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking mix bisquick heart smart®
- 2 tablespoons powdered sugar
- 2 tablespoons butter firm
- 0.8 cup granulated sugar
- 0.3 cup coconut flakes flaked
- 1 tablespoon baking mix bisquick heart smart®
- 2 teaspoons lemon zest grated
- 2 tablespoons juice of lemon

- 0.5 cup eggs fat-free
- 0.5 cup powdered sugar
- 1 tablespoon juice of lemon

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. In small bowl, mix 1 cup Bisquick mix and 2 tablespoons powdered sugar.
- Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until crumbly. Press in ungreased 8-inch square pan.
- Bake uncovered about 10 minutes or until light brown. Meanwhile, in small bowl, mix all remaining bar ingredients.
- Pour coconut mixture over baked layer.
- Bake about 25 minutes longer or until set and golden brown. Loosen edges from sides of pan while warm.
- In small bowl, stir lemon glaze ingredients until smooth; spread over bars. Cool completely, about 1 hour. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



PROTEIN 5.55% **FAT 30.94%** **CARBS 63.51%**

Properties

Glycemic Index:7.51, Glycemic Load:6.55, Inflammation Score:-1, Nutrition Score:2.2099999966829%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.54kcal (6.18%), Fat: 4.33g (6.67%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.59g (7.12%), Sugar: 15.19g (16.88%), Cholesterol: 32.18mg (10.73%), Sodium: 130.25mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Phosphorus: 67.73mg (6.77%), Selenium: 3.32µg (4.74%), Vitamin B2: 0.08mg (4.51%), Folate: 14.87µg (3.72%), Vitamin B1: 0.05mg (3.55%), Manganese: 0.07mg (3.41%), Iron: 0.42mg (2.35%), Vitamin B5: 0.21mg (2.08%), Calcium: 20.74mg (2.07%), Vitamin B3: 0.4mg (2%), Vitamin C: 1.46mg (1.77%), Vitamin B12: 0.1µg (1.72%), Vitamin A: 85.37IU (1.71%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.25%), Zinc: 0.18mg (1.2%), Magnesium: 4.45mg (1.11%), Vitamin D: 0.15µg (1.01%), Potassium: 35.42mg (1.01%)