



## Graham Moist Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



119 kcal

DESSERT

### Ingredients

- ☐ 7 tablespoons butter softened
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 5 eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 1.8 cups graham cracker crumbs
- ☐ 0.5 cup juice of lemon
- ☐ 3 cups sugar white

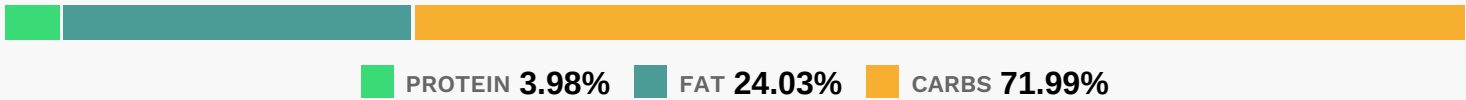
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine graham cracker crumbs, softened butter or margarine, and 2 tablespoons sugar. Press mixture onto bottom of a greased 9 x 13 inch baking pan.
- ☐ Bake for 20 minutes.
- ☐ Beat eggs, sugar, flour, and lemon juice. (If mixture is too thick, water may be added to thin it.)
- ☐ Pour the mixture over the hot graham cracker crust.
- ☐ Bake for 25 minutes, or until golden brown.
- ☐ Dust the top with confectioners' sugar. After cooling, cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:7.47, Glycemic Load:14.53, Inflammation Score:-1, Nutrition Score:1.2513043459343%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 119.36kcal (5.97%), Fat: 3.27g (5.03%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 21.87g (7.95%), Sugar: 18.77g (20.86%), Cholesterol: 28.59mg (9.53%), Sodium: 53.34mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Selenium: 2.44µg (3.48%), Vitamin B2: 0.05mg (2.87%), Phosphorus: 22.62mg (2.26%), Vitamin A: 101.23IU (2.02%), Folate: 7.8µg (1.95%), Iron: 0.35mg (1.92%), Vitamin C: 1.31mg (1.59%), Vitamin B1: 0.02mg (1.5%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.07%)