



Grandma's Frosted Lemon Bars



Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup flour all-purpose sifted
- ☐ 0.3 cup powdered sugar sifted
- ☐ 2 eggs
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons butter softened
- ☐ 1.5 cups powdered sugar sifted
- ☐ 4 teaspoons juice of lemon
- ☐ 0.5 teaspoon lemon zest to taste ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of an 8-inch square pan.
- ☐ In medium bowl, mix butter, flour, and 1/4 cup powdered sugar with a pastry blender or two knives until mixture becomes crumb-like. Press evenly into bottom of pan.
- ☐ Bake 20 to 25 minutes or until edges of crust begin to brown. DO NOT over bake.
- ☐ Meanwhile in medium bowl, beat all filling ingredients with electric mixer on medium-high speed until smooth.
- ☐ Pour filling mixture over warm crust. Return pan to oven; bake for an additional 25 minutes or until filling is set.
- ☐ Cool completely before frosting.
- ☐ In small bowl, beat butter and 1 1/2 cups powdered sugar with electric mixer on low speed until blended.
- ☐ Add remaining ingredients; beat on high speed until well blended.
- ☐ Spread frosting over filling.
- ☐ Cut into 4 rows by 4 rows.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



 **PROTEIN 3.03%**  **FAT 36.48%**  **CARBS 60.49%**

Properties

Glycemic Index:21.07, Glycemic Load:13.07, Inflammation Score:-2, Nutrition Score:2.1313043573628%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg 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: 205.95kcal (10.3%), Fat: 8.53g (13.12%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 31.59g (11.49%), Sugar: 25.44g (28.27%), Cholesterol: 41.36mg (13.79%), Sodium: 120.47mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Selenium: 4.59µg (6.56%), Vitamin A: 272.79IU (5.46%), Folate: 17.81µg (4.45%), Vitamin B1: 0.06mg (4.32%), Vitamin B2: 0.07mg (4.26%), Manganese: 0.06mg (2.82%), Iron: 0.49mg (2.73%), Phosphorus: 24.66mg (2.47%), Vitamin B3: 0.47mg (2.36%), Vitamin E: 0.29mg (1.95%), Vitamin C: 1.29mg (1.56%), Calcium: 14.48mg (1.45%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.07µg (1.09%)