



## Iced Lemon Bars

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



120 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons butter
- ☐ 4 large eggs
- ☐ 31 grams flour
- ☐ 294 grams granulated sugar (castor sugar)
- ☐ 4 teaspoons juice of lemon freshly squeezed
- ☐ 0.7 cup powdered sugar
- ☐ 0.5 teaspoon salt

## Equipment

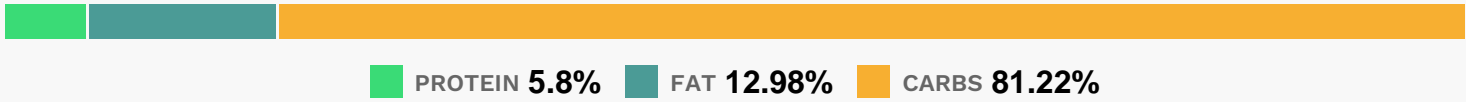
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

## Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with non-stick foil or parchment paper.
- ☐ Combine the flour, powdered sugar and salt in a food processor and pulse to mix.
- ☐ Add the butter and pulse until mixture is coarse and crumbly. Measure out 1 cup of crumbs and set aside.
- ☐ Pour remaining crumbs into prepared pan and press them down slightly (they'll be very dry).
- ☐ Bake for 18 to 20 minutes. Meanwhile, mix the filling.
- ☐ Whisk the eggs in a mixing bowl.
- ☐ Whisk in sugar, lemon juice, 4 tablespoons of flour and baking powder.
- ☐ Spread over top of baked crust.
- ☐ Sprinkle reserved cup of crumbs over top.
- ☐ Bake on center rack for 20 to 25 minutes.
- ☐ Let cool completely. Lift from pan and set on a cutting board.
- ☐ Drizzle cooled bars with glazed (below).

- ☐
- Let the glaze set then cut into 36 bars (or however many you want).To make the icing, melt the butter in a microwave safe bowl.
- ☐
- Add the sugar and stir until thick and pasty.
- ☐
- Add the lemon juice 1 teaspoon at a time and stir until smooth and a drizzling consistency. You may drizzle it onto the squares or put it in a bag, snip off the corner and pipe it on.

## Nutrition Facts



## Properties

Glycemic Index:17.94, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:1.6030434862427%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 120.01kcal (6%), Fat: 1.78g (2.73%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 24.96g (9.08%), Sugar: 23.31g (25.9%), Cholesterol: 47.84mg (15.95%), Sodium: 121.28mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.07mg (4.21%), Phosphorus: 32.57mg (3.26%), Folate: 9.69µg (2.42%), Calcium: 22.48mg (2.25%), Vitamin B5: 0.2mg (2.02%), Iron: 0.35mg (1.95%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.25µg (1.67%), Vitamin A: 83.19IU (1.66%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.18mg (1.19%), Vitamin B6: 0.02mg (1.13%)