



Key Lime Bars

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 4 large eggs lightly beaten
- 2.3 cups flour all-purpose divided
- 0.8 cup juice of lime
- 100 servings lime zest
- 0.5 cup powdered sugar
- 100 servings powdered sugar

- 0.3 teaspoon salt
- 1.8 cups sugar

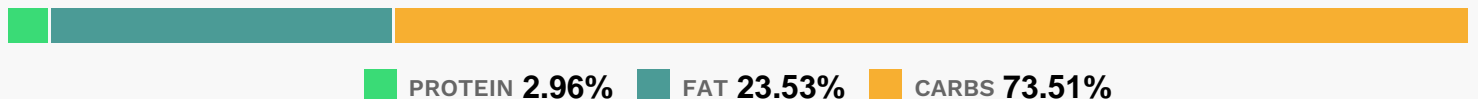
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- hand mixer
- aluminum foil

Directions

- Beat butter at medium speed with an electric mixer until creamy. Gradually add 2 cups flour and 1/2 cup powdered sugar. Beat just until a smooth dough is formed. Press into a lightly greased, foil-lined 13- x 9-inch baking pan.
- Bake at 350 for 20 minutes or until lightly browned.
- Meanwhile, whisk together eggs, remaining 1/3 cup flour, 1 3/4 cups sugar, and next 3 ingredients in a large bowl; pour over baked crust.
- Bake at 350 for 25 minutes or until set.
- Let cool completely in pan; chill, if desired.
- Sprinkle with powdered sugar, and cut into bars.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:0.7843478270199%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg 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: 77.46kcal (3.87%), Fat: 2.07g (3.19%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 14.47g (5.26%), Sugar: 11.97g (13.3%), Cholesterol: 12.32mg (4.11%), Sodium: 27.81mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Selenium: 1.7µg (2.43%), Folate: 6.61µg (1.65%), Vitamin B1: 0.02mg (1.64%), Vitamin B2: 0.03mg (1.59%), Vitamin A: 68.93IU (1.38%), Manganese: 0.02mg (1.07%), Iron: 0.19mg (1.05%), Vitamin C: 0.84mg (1.01%)