



Key Lime Bars

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup key lime juice
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted softened (1 stick)

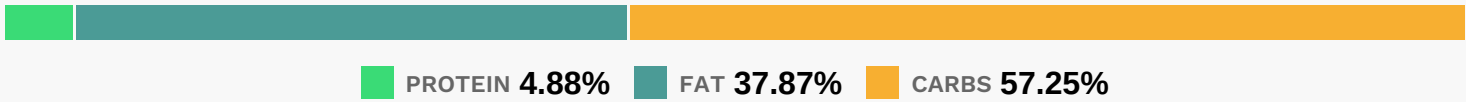
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line an 8-inch square baking pan with foil, leaving an overhang. Mist foil with cooking spray.
- ☐ Make crust: Using an electric mixer on medium-high speed, beat butter and sugar until light, about 2 minutes. Beat in flour and salt. Press evenly over bottom of pan.
- ☐ Bake until firm and light golden around edges, 20 to 25 minutes. Cool slightly.
- ☐ Make filling: Using an electric mixer on medium speed, beat eggs, yolk and sugar until smooth. Stir in lime juice and zest. Fold in flour.
- ☐ Pour filling over crust and bake until set, 20 to 30 minutes. Cool on a wire rack. Cover and refrigerate for at least 1 hour or overnight. Use foil overhang to remove bars from pan to cut. Dust with confectioners' sugar just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:20.99, Inflammation Score:-2, Nutrition Score:3.2365217571673%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 207.8kcal (10.39%), Fat: 8.92g (13.73%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 30.01g (10.91%), Sugar: 20.98g (23.32%), Cholesterol: 66.37mg (22.12%), Sodium: 62.57mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Selenium: 7.53µg (10.76%), Folate: 28.3µg (7.08%), Vitamin B1: 0.1mg (6.64%), Vitamin B2: 0.11mg (6.55%), Vitamin A: 302.11IU (6.04%), Manganese: 0.09mg (4.26%), Iron: 0.75mg (4.14%), Phosphorus: 37.84mg (3.78%), Vitamin B3: 0.71mg (3.55%), Vitamin D: 0.38µg (2.55%), Vitamin C: 2.07mg (2.5%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.12µg (1.96%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.44%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.36%), Calcium: 11.72mg (1.17%), Magnesium: 4.37mg (1.09%), Potassium: 36.23mg (1.04%)