



## Key Lime Squares

READY IN



45 min.

SERVINGS



9

CALORIES



252 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup brown sugar packed
- 2 large eggs
- 0.5 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 1 cup granulated sugar
- 2 tablespoons cream cheese light tub-style
- 0.3 cup juice of lime
- 1 teaspoon lime rind grated

- 0.3 cup butter softened
- 0.3 cup wheat germ toasted
- 1 cup non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

- bowl
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

## Directions

- Preheat oven to 350
- To prepare crust, lightly spoon 1/2 cup flour into a dry measuring cup; level with a knife.
- Combine with wheat germ and brown sugar in a small bowl; cut in margarine with a pastry blender or 2 knives until well-blended. Press mixture into a 9-inch square baking pan coated with cooking spray.
- Bake at 350 for 15 minutes. Cool on a wire rack.
- To prepare filling, combine granulated sugar, 2 tablespoons flour, and baking powder in a medium bowl.
- Add cream cheese and eggs; beat at high speed of a mixer until well-blended. Stir in rind and juice.
- Spread filling over crust.
- Bake at 350 for 25 minutes or until filling is set. Cool on a wire rack.
- Spread whipped topping evenly over filling.

## Nutrition Facts



■ PROTEIN 6.02% ■ FAT 28.98% ■ CARBS 65%

## Properties

Glycemic Index:38.23, Glycemic Load:20.33, Inflammation Score:-3, Nutrition Score:6.0173912929452%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg 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: 251.65kcal (12.58%), Fat: 8.31g (12.78%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 41.1g (14.95%), Sugar: 32.42g (36.03%), Cholesterol: 43.3mg (14.43%), Sodium: 120.09mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Manganese: 0.64mg (31.8%), Selenium: 10.28µg (14.68%), Vitamin B1: 0.16mg (10.51%), Folate: 34.67µg (8.67%), Phosphorus: 86.02mg (8.6%), Vitamin B2: 0.14mg (7.99%), Vitamin A: 313.59IU (6.27%), Iron: 0.98mg (5.42%), Zinc: 0.76mg (5.1%), Vitamin B6: 0.09mg (4.39%), Calcium: 42.97mg (4.3%), Vitamin B3: 0.84mg (4.2%), Magnesium: 15.79mg (3.95%), Vitamin B5: 0.36mg (3.57%), Fiber: 0.83g (3.31%), Copper: 0.06mg (3.18%), Potassium: 101.26mg (2.89%), Vitamin E: 0.38mg (2.56%), Vitamin C: 2.09mg (2.54%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.23µg (1.55%)