



Lemon-Almond Bars

 Vegetarian

READY IN



155 min.

SERVINGS



30

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 0.8 cup butter softened
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 6 large eggs
- ☐ 3.3 cups flour all-purpose divided
- ☐ 2.8 cups granulated sugar divided

- ☐ 0.7 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest divided
- ☐ 30 servings garnish: powdered sugar
- ☐ 0.5 teaspoon salt divided

Equipment

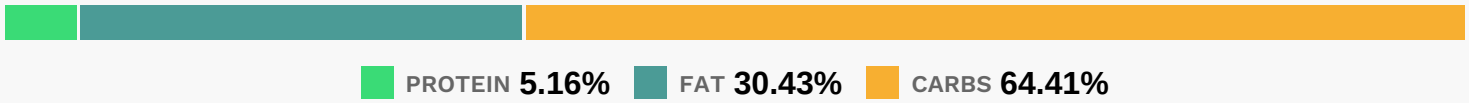
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Beat 1/4 cup granulated sugar, butter, and 1 tsp. zest at medium speed with a heavy-duty electric stand mixer 2 minutes or until creamy. Stir together 2 cups flour and 1/4 tsp. salt. Gradually add to butter mixture, beating until just blended. Coat a 13- x 9-inch pan with cooking spray. Press dough into bottom of prepared pan. Chill 15 minutes.
- ☐ Bake at 350 for 15 to 20 minutes or until lightly browned.
- ☐ Remove from oven; reduce oven temperature to 325
- ☐ Whisk together eggs and 2 cups sugar. Process ginger and 1/2 cup flour in a food processor 1 minute or until ginger is finely chopped. Stir in baking powder.
- ☐ Whisk ginger mixture into egg mixture.
- ☐ Whisk in lemon juice and remaining 2 Tbsp. lemon zest; pour over crust.
- ☐ Bake at 325 for 15 to 20 minutes or until filling is just set.
- ☐ Remove from oven.
- ☐ Stir together remaining 3/4 cup flour, 1/2 cup sugar, and 1/4 tsp. salt in a small bowl. Stir in melted butter until well blended. Stir in almonds.

- ☐
- Sprinkle over hot lemon mixture, and bake 20 to 25 more minutes or just until lightly golden.
Cool completely in pan on a wire rack (about 1 hour).
- ☐
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:20.32, Inflammation Score:-2, Nutrition Score:3.8386956323748%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 233.63kcal (11.68%), Fat: 8.06g (12.4%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 37.76g (13.73%), Sugar: 27.3g (30.34%), Cholesterol: 53.47mg (17.82%), Sodium: 116.63mg (5.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Selenium: 7.97µg (11.38%), Vitamin B2: 0.14mg (8.16%), Folate: 31.52µg (7.88%), Vitamin B1: 0.12mg (7.69%), Manganese: 0.13mg (6.6%), Iron: 0.9mg (4.99%), Vitamin A: 243.63IU (4.87%), Phosphorus: 47.02mg (4.7%), Vitamin E: 0.69mg (4.6%), Vitamin B3: 0.87mg (4.36%), Vitamin C: 2.61mg (3.17%), Fiber: 0.62g (2.46%), Vitamin B5: 0.24mg (2.37%), Copper: 0.05mg (2.28%), Calcium: 22.56mg (2.26%), Magnesium: 8.89mg (2.22%), Zinc: 0.28mg (1.9%), Vitamin B12: 0.1µg (1.7%), Vitamin B6: 0.03mg (1.42%), Potassium: 48.13mg (1.38%), Vitamin D: 0.2µg (1.33%)