



## Lemon Bars

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

## Ingredients

- 2 tablespoons butter melted
- 8 ounces cream cheese
- 2 cups flour
- 2 reg. size containers lemon pudding
- 3 cups milk
- 8 ounces cool whip
- 0.5 cup nuts chopped
- 1 cup powdered sugar

## Equipment

- frying pan
- oven

## Directions

- Mix flour and melted butter with a beater. Pack on bottom of 13 x 9 inch pan.
- Bake at 350 degrees about 20 minutes.
- Let cool. Beat cream cheese and powdered sugar. Blend in 1 cup whipped topping. Smooth mixture over cooled pastry. Beat instant pudding with milk until thick.
- Spread over cheese layer. Top with remaining whipped topping.
- Sprinkle with chopped nuts. Refrigerate overnight or at least 3 hours. When ready to serve, cut into 24 bars.

## Nutrition Facts

**PROTEIN 9.14%** **FAT 43.18%** **CARBS 47.68%**

## Properties

Glycemic Index:7.07, Glycemic Load:6.58, Inflammation Score:-3, Nutrition Score:4.0121739130435%

## Taste

Sweetness: 100%, Saltiness: 53.77%, Sourness: 37.62%, Bitterness: 20%, Savoriness: 28.8%, Fattiness: 76.69%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 149.33kcal (7.47%), Fat: 7.28g (11.21%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.51g (6.37%), Sugar: 8.25g (9.17%), Cholesterol: 14.72mg (4.91%), Sodium: 60.16mg (2.62%), Protein: 3.47g (6.94%), Vitamin B2: 0.18mg (10.66%), Vitamin B1: 0.12mg (8.08%), Selenium: 5.24µg (7.48%), Phosphorus: 71.91mg (7.19%), Manganese: 0.13mg (6.58%), Calcium: 60.95mg (6.1%), Folate: 23.03µg (5.76%), Vitamin B12: 0.33µg (5.44%), Vitamin A: 235.04IU (4.7%), Vitamin B3: 0.83mg (4.16%), Magnesium: 14.35mg (3.59%), Iron: 0.61mg (3.39%), Copper: 0.06mg (2.88%), Potassium: 98.08mg (2.8%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.05mg (2.45%), Fiber: 0.59g (2.36%), Vitamin D: 0.34µg (2.24%)