



Lemon bars

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 175 g flour plain
- ☐ 50 g ground rice
- ☐ 85 g golden caster sugar
- ☐ 140 g butter diced cold
- ☐ 1 tbsp milk
- ☐ 3 lemon zest (4 lemons)
- ☐ 3 eggs
- ☐ 200 g caster sugar

- ☐ 25 g flour
- ☐ 12 servings icing sugar

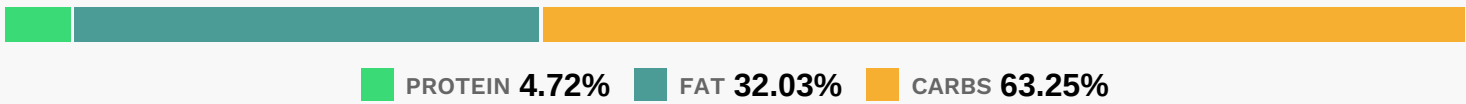
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line a 21 or 22cm square, shallow baking tin with baking parchment.
- ☐ Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Tip into the tin and press down evenly.
- ☐ Bake for 15–20 mins until golden.
- ☐ Remove the tin and lower oven to 180C/160C fan/gas
- ☐ Mix the lemon juice and eggs, then sieve into a bowl with the sugar, flour and zest.
- ☐ Whisk to combine, pour over the base, then bake for 10–15 mins until the top is just set. Cool in the tin, dust with icing sugar, then slice.

Nutrition Facts



Properties

Glycemic Index:30.77, Glycemic Load:22.87, Inflammation Score:-3, Nutrition Score:4.3778260946274%

Nutrients (% of daily need)

Calories: 298.91kcal (14.95%), Fat: 10.8g (16.61%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 47.97g (15.99%), Net Carbohydrates: 47.3g (17.2%), Sugar: 31.55g (35.05%), Cholesterol: 66.15mg (22.05%), Sodium: 94.05mg (4.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Selenium: 10.04µg (14.34%), Vitamin B1:

0.14mg (9.36%), Folate: 36.62µg (9.15%), Vitamin B2: 0.15mg (8.6%), Manganese: 0.17mg (8.38%), Vitamin A: 353.73IU (7.07%), Iron: 1.08mg (5.98%), Vitamin B3: 1.08mg (5.39%), Phosphorus: 49.1mg (4.91%), Vitamin B5: 0.32mg (3.16%), Vitamin E: 0.41mg (2.7%), Fiber: 0.66g (2.65%), Copper: 0.05mg (2.38%), Vitamin C: 1.93mg (2.35%), Calcium: 22.3mg (2.23%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.12µg (2.07%), Vitamin B6: 0.04mg (1.97%), Magnesium: 7.27mg (1.82%), Potassium: 54.79mg (1.57%), Vitamin D: 0.23µg (1.56%)