

Lemon Bars

READY IN



20 min.

SERVINGS



20

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 3 egg yolks
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest
- ☐ 20 servings powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 20 servings basic cookie dough
- ☐ 4 tablespoons butter unsalted cut into pieces ()

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ spatula

Directions

- ☐ Prepare Basic Cookie Dough, adding lemon zest at the end of step 3 (with egg white and vanilla). Press dough evenly into the bottom of a pan with a spatula, pressing down at the edges so dough doesn't form a rim after baking. Freeze dough for 15 minutes. Prick holes all over to keep it flat during baking.
- ☐ Bake for 25 minutes or until golden brown.
- ☐ While cookie is baking, prepare lemon curd. Have ready a strainer, suspended over a medium bowl. In a heavy saucepan, stir together egg yolks and 3/4 cup sugar until well blended. Stir in butter, fresh lemon juice, and salt. Cook over medium-low heat, stirring constantly and scraping sides of pan, until thickenedon't let it come to a boil, or it will curdle. When steam appears, remove the pan briefly from heat, stirring constantly to keep mixture from boiling. When the curd has thickened, about 5 minutes, pour into strainer. Press with a spatula until only the coarse residue remains in the strainer; discard residue.
- ☐ When cookie is baked, remove it from the oven, lower the temperature to 300, and pour lemon curd on top.
- ☐ Spread it almost to the edge and return it to the oven for 15 minutes, or just until it starts bubbling around the edges.
- ☐ Remove from the oven and cool completely in the pan on a rack. Refrigerate for 1 hour to set curd before cutting into bars. Just before serving, sprinkle powdered sugar over the tops of the bars. Store the bars in an airtight container for 3 days at room temperature, for 3 weeks in the refrigerator, or for 3 months in the freezer.

Nutrition Facts



 PROTEIN 3.03%  FAT 35.96%  CARBS 61.01%

Properties

Glycemic Index:3.5, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:2.5608695849128%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.6kcal (11.68%), Fat: 9.45g (14.54%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 35.69g (12.98%), Sugar: 27.48g (30.53%), Cholesterol: 38.81mg (12.94%), Sodium: 112.47mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Phosphorus: 67.29mg (6.73%), Folate: 25.5µg (6.38%), Manganese: 0.1mg (5.21%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.8mg (4.01%), Iron: 0.7mg (3.89%), Selenium: 2.66µg (3.8%), Vitamin B2: 0.06mg (3.49%), Vitamin K: 3.12µg (2.97%), Vitamin A: 121.6IU (2.43%), Vitamin C: 1.95mg (2.37%), Vitamin B5: 0.17mg (1.71%), Potassium: 56.54mg (1.62%), Fiber: 0.37g (1.48%), Vitamin E: 0.2mg (1.36%), Vitamin D: 0.19µg (1.25%), Vitamin B12: 0.06µg (1.07%)