

# Lemon Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

DESSERT

## Ingredients

- 24 servings beef base
- 3 tablespoons powdered sugar
- 4 large eggs
- 0.3 cup flour all-purpose
- 1.5 cups granulated sugar
- 0.8 cup juice of lemon fresh

## Equipment

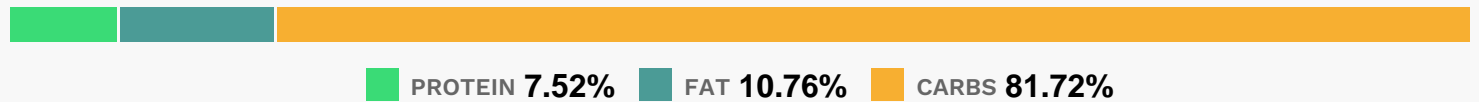
- bowl

- frying pan
- oven
- whisk

## Directions

- Preheat oven to 350°F.
- In a bowl whisk together eggs and granulated sugar until combined well and stir in lemon juice and flour.
- Pour lemon mixture over hot shortbread. Reduce oven temperature to 300°F. and bake confection in middle of oven until set, about 30 minutes. Cool completely in pan and cut into 24 bars. Bar cookies keep, covered and chilled, 3 days. Sift confectioners' sugar over bars before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:9.68, Inflammation Score:-1, Nutrition Score:1.3391304274454%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 73.63kcal (3.68%), Fat: 0.91g (1.4%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.45g (5.62%), Sugar: 13.83g (15.36%), Cholesterol: 31.04mg (10.35%), Sodium: 252.09mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Selenium: 3.51µg (5.02%), Vitamin C: 2.95mg (3.58%), Vitamin B2: 0.05mg (3.1%), Folate: 8.94µg (2.23%), Phosphorus: 21.24mg (2.12%), Vitamin B5: 0.15mg (1.48%), Iron: 0.26mg (1.45%), Vitamin B12: 0.08µg (1.4%), Vitamin B1: 0.02mg (1.39%), Vitamin D: 0.17µg (1.11%), Vitamin B6: 0.02mg (1.02%)