

Lemon Bars II

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

141 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups butter
- ☐ 1 cup confectioners' sugar
- ☐ 4 egg whites
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup juice of lemon
- ☐ 1.5 cups sugar white

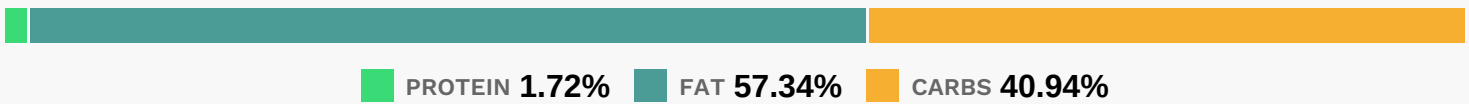
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a medium bowl, stir together the 3 cups of flour with the confectioners' sugar.
- ☐ Cut in the butter with a fork or pastry cutter until the mixture resembles coarse crumbs. Press 1/2 of the mixture into the bottom of the prepared pan.
- ☐ Bake for 15 minutes.
- ☐ In a smaller bowl, stir together the egg whites and white sugar.
- ☐ Add the flour and baking powder, mix until lumps are gone. Stir in the lemon juice.
- ☐ Pour the lemon mixture over the baked crust, then sprinkle the remaining crust mixture evenly over the top.
- ☐ Bake for 20 to 25 minutes in the preheated oven. Refrigerate to set before serving.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:0.85130433349506%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.21kcal (7.06%), Fat: 9.26g (14.25%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 14.85g (5.4%), Sugar: 14.03g (15.59%), Cholesterol: 24.4mg (8.13%), Sodium: 93.99mg (4.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin A: 283.88IU (5.68%), Vitamin C: 1.57mg (1.91%), Vitamin E: 0.27mg (1.8%), Selenium: 1.26µg (1.79%), Vitamin B2: 0.03mg (1.67%), Calcium: 11.34mg (1.13%)