



## Lemon Blondies with Lemon Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 1 teaspoon butter
- 2 eggs
- 1.3 cups flour all-purpose sifted
- 1.5 cups granulated sugar
- 2 tablespoons juice of lemon fresh
- 1 lemon zest finely grated
- 1 cup powdered sugar
- 1 pinch salt

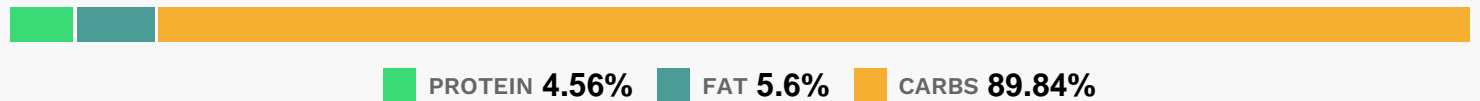
## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Preheat oven to 350 degrees. Spray an 8 or 9-inch square pan with nonstick cooking spray. In a medium bowl, stir together flour and salt. Using an electric mixer, cream the butter, sugar and lemon zest at medium speed until light and fluffy.
- Add eggs, 1 at a time, beating well after each addition. Stir in 2 tablespoons lemon juice. Reduce speed to low and add flour mixture, mixing until incorporated.
- Spread batter into prepared pan and bake for about 30–35 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack to room temperature. Meanwhile, make the glaze by combining the powdered sugar, lemon juice and zest in a small bowl.
- Spread over brownies and let set for at least 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.26, Glycemic Load:24.64, Inflammation Score:-1, Nutrition Score:2.6552173913043%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 8.64%, Sourness: 8.95%, Bitterness: 6.17%, Savoriness: 5.28%, Fattiness: 7.69%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 196.81kcal (9.84%), Fat: 1.25g (1.92%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 44.71g (16.26%), Sugar: 34.88g (38.75%), Cholesterol: 28.18mg (9.39%), Sodium: 17.09mg (0.74%), Protein: 2.29g (4.58%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.11mg (7.07%), Folate: 27.85µg (6.96%), Vitamin B2: 0.11mg (6.2%), Manganese: 0.09mg (4.63%), Iron: 0.76mg (4.21%), Vitamin B3: 0.78mg (3.89%), Phosphorus: 28.94mg (2.89%), Vitamin C: 1.61mg (1.95%), Vitamin B5: 0.17mg (1.75%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.37%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.1%), Vitamin A: 50.41IU (1.01%), Vitamin B6: 0.02mg (1.01%)