



Lemon-Blueberry Bars

READY IN



80 min.

SERVINGS



20

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups blueberries fresh
- 0.5 cup butter
- 16 oz philadelphia cream cheese softened
- 2 eggs divided
- 1 Tbsp lemon zest
- 0.5 cup sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

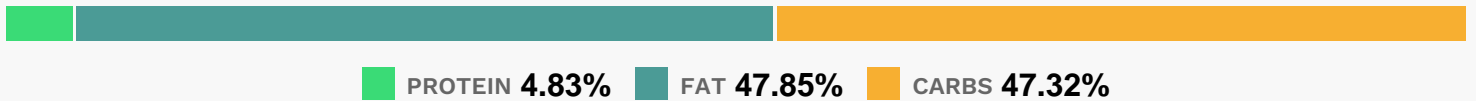
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides. Microwave butter in large microwaveable bowl on HIGH 1 to 1-1/2 min. or until melted.
- Add dry cake mix and 1 egg; beat with mixer until blended. Press 2/3 of the dough onto bottom of prepared pan.
- Beat cream cheese and sugar with mixer until blended.
- Add remaining egg, zest and juice; mix well.
- Pour over crust; top with berries. Pinch small pieces of the remaining dough between your fingers; press lightly into cream cheese layer.
- Bake 55 min. to 1 hour or until toothpick inserted in center comes out clean. Cool completely. Use foil handles to lift dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:4.73, Inflammation Score:-4, Nutrition Score:4.293043470901%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg,
Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:
1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 251.42kcal (12.57%), Fat: 13.62g (20.95%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 30.3g (10.1%),
Net Carbohydrates: 29.51g (10.73%), Sugar: 18.91g (21.01%), Cholesterol: 51.48mg (17.16%), Sodium: 302.39mg
(13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Phosphorus: 116.73mg (11.67%), Vitamin A:
480.31IU (9.61%), Vitamin B2: 0.14mg (8.39%), Calcium: 81.93mg (8.19%), Selenium: 4.18µg (5.98%), Manganese:
0.12mg (5.77%), Folate: 23.01µg (5.75%), Vitamin K: 5.21µg (4.96%), Vitamin B1: 0.07mg (4.93%), Vitamin E: 0.72mg
(4.78%), Iron: 0.7mg (3.87%), Vitamin B3: 0.7mg (3.52%), Vitamin B5: 0.32mg (3.21%), Fiber: 0.79g (3.14%), Vitamin
C: 2.18mg (2.64%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.12µg (2.08%), Copper: 0.04mg (1.85%), Zinc:
0.28mg (1.84%), Potassium: 64.35mg (1.84%), Magnesium: 6.42mg (1.61%)