



Lemon-Blueberry Crumb Bars

READY IN



80 min.

SERVINGS



32

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups blueberries fresh
- ☐ 0.5 cup butter
- ☐ 16 ounce philadelphia cream cheese softened
- ☐ 2 eggs divided
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 0.5 cup sugar
- ☐ 1 package duncan hines classic decadent cake mix yellow (2-layer size)

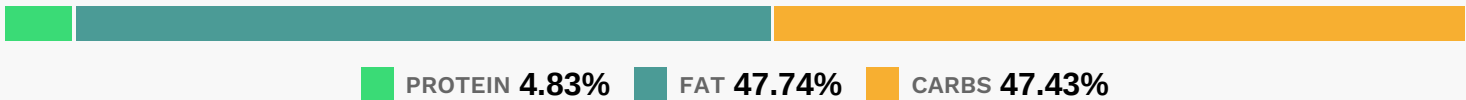
Equipment

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

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Line 13x9-inch pan with 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:5.85, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:2.726086968961%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Petunidin: 3.65mg, Petunidin: 3.65mg, Petunidin: 3.65mg, Petunidin: 3.65mg Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg Malvidin: 7.82mg, Malvidin: 7.82mg, Malvidin: 7.82mg, Malvidin: 7.82mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 157.45kcal (7.87%), Fat: 8.52g (13.1%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.54g (6.74%), Sugar: 11.85g (13.17%), Cholesterol: 32.17mg (10.72%), Sodium: 189.01mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Phosphorus: 73.07mg (7.31%), Vitamin A: 300.28IU (6.01%), Vitamin B2: 0.09mg (5.26%), Calcium: 51.29mg (5.13%), Selenium: 2.62µg (3.74%), Folate: 14.66µg (3.67%), Manganese: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.11%), Vitamin K: 3.25µg (3.1%), Vitamin E: 0.45mg (3%), Iron: 0.44mg (2.43%), Vitamin C: 1.91mg (2.31%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.2mg (2.02%), Fiber: 0.5g (1.98%), Vitamin B6: 0.03mg (1.61%), Vitamin B12: 0.08µg (1.3%), Potassium: 41.66mg (1.19%), Copper: 0.02mg (1.17%), Zinc: 0.17mg (1.15%), Magnesium: 4.1mg (1.02%)