



Lemon-Butter Pound Cake Bars

 Dairy Free

READY IN



130 min.

SERVINGS



48

CALORIES



100 kcal

DESSERT

Ingredients

- 1 cup butter
- 2 cups granulated sugar
- 4 eggs
- 2 cups self raising flour
- 2 tablespoons lemon zest grated
- 0.3 cup juice of lemon
- 1 cup powdered sugar
- 2 tablespoons juice of lemon

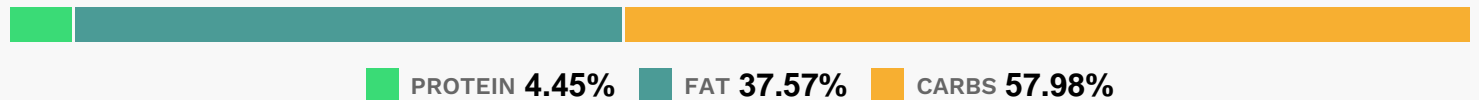
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 375°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. In 3-quart saucepan, melt butter over medium heat.
- Remove from heat. Stir in remaining bar ingredients in order listed, mixing well after each addition.
- Spread batter in pan.
- Bake 35 to 45 minutes or until top is golden brown. Cool in pan on cooling rack 10 minutes.
- While bars are cooling, in small bowl, mix glaze ingredients until smooth.
- Drizzle over warm bars. Cool completely, about 1 hour. For bars, cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:1.0686956461843%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.48kcal (5.02%), Fat: 4.28g (6.58%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 14.68g (5.34%), Sugar: 10.86g (12.07%), Cholesterol: 13.64mg (4.55%), Sodium: 50.08mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Selenium: 3.26µg (4.66%), Vitamin A: 189.33IU

(3.79%), Manganese: 0.04mg (2.15%), Vitamin C: 1.23mg (1.49%), Vitamin B2: 0.02mg (1.43%), Vitamin E: 0.21mg (1.4%), Phosphorus: 13.62mg (1.36%)