



Lemon Chiffon Squares

READY IN



175 min.

SERVINGS



55

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted (1 stick)
- 1 cup flour
- 0.3 cup juice of lemon
- 2 tsp lemon zest grated
- 25 marshmallows jet-puffed
- 16 raspberries fresh
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350F.
- Mix flour, butter and sugar; press firmly onto bottom of greased 8-inch square baking pan.
- Bake 15 min. or until lightly browned. Meanwhile, mix marshmallows, lemon peel and lemon juice in large saucepan; cook on low heat until marshmallows are completely melted and mixture is well blended, stirring constantly.
- Remove from heat. Cool crust and marshmallow mixture completely.
- Add whipped topping to marshmallow mixture; stir with wire whisk until well blended.
- Spread evenly over crust.
- Refrigerate at least 2 hours or until slightly firm.
- Cut into 16 squares to serve; top each square with 1 raspberry. Store leftover squares in tightly covered container in refrigerator.

Nutrition Facts



PROTEIN 3.51% **FAT 41.2%** **CARBS 55.29%**

Properties

Glycemic Index:5.12, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:0.51521738715794%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg

Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.32kcal (2.02%), Fat: 1.89g (2.91%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.59g (2.03%), Sugar: 3.13g (3.47%), Cholesterol: 4.46mg (1.49%), Sodium: 16.87mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Selenium: 0.89µg (1.27%), Vitamin B1: 0.02mg (1.25%), Folate: 4.65µg (1.16%), Vitamin A: 52.87IU (1.06%)