



Lemon Cream Cheese Bars

 Vegetarian

READY IN



120 min.

SERVINGS



1

CALORIES



4601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter softened
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1.8 cups flour divided
- 2 cups granulated sugar
- 0.5 cup juice of lemon
- 1 Tbsp lemon zest
- 0.3 cup planters pecans finely chopped

- 0.3 cup powdered sugar
- 1 Tbsp powdered sugar
- 2 tsp vanilla

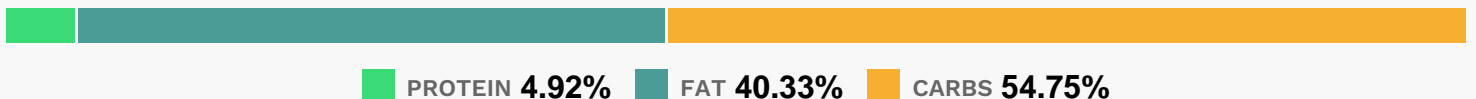
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350F.
- Beat butter, 1/3 cup powdered sugar and vanilla in large bowl with mixer until well blended. Gradually beat in 1-1/2 cups flour. Stir in nuts; press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Bake 15 min.
- Meanwhile, beat cream cheese and granulated sugar in medium bowl with mixer until well blended.
- Add eggs, 1 at a time, beating well after each addition.
- Add remaining flour, lemon zest and juice; mix well.
- Pour cream cheese mixture over crust.
- Bake 30 min. or until center is set. Cool completely.
- Sprinkle with 1 Tbsp. powdered sugar just before cutting into bars to serve.

Nutrition Facts



Properties

Glycemic Index:232.09, Glycemic Load:403.56, Inflammation Score:-10, Nutrition Score:57.237826513207%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 4601.19kcal (230.06%), Fat: 210.12g (323.26%), Saturated Fat: 110.71g (691.96%), Carbohydrates: 641.8g (213.93%), Net Carbohydrates: 631.72g (229.72%), Sugar: 461.52g (512.8%), Cholesterol: 964.13mg (321.38%), Sodium: 1641.06mg (71.35%), Alcohol: 2.89g (100%), Alcohol %: 0.28% (100%), Protein: 57.69g (115.38%), Selenium: 139.43µg (199.18%), Manganese: 3.09mg (154.53%), Vitamin B2: 2.4mg (141.36%), Vitamin B1: 2.08mg (138.63%), Vitamin A: 6623.84IU (132.48%), Folate: 518.61µg (129.65%), Phosphorus: 869.92mg (86.99%), Iron: 13.95mg (77.51%), Vitamin B3: 13.82mg (69.12%), Vitamin C: 55.32mg (67.05%), Vitamin B5: 4.87mg (48.66%), Copper: 0.91mg (45.47%), Vitamin E: 6.76mg (45.07%), Zinc: 6.1mg (40.63%), Fiber: 10.08g (40.31%), Calcium: 397.83mg (39.78%), Magnesium: 135.8mg (33.95%), Vitamin B12: 1.87µg (31.11%), Potassium: 1034.79mg (29.57%), Vitamin B6: 0.59mg (29.45%), Vitamin D: 2.64µg (17.6%), Vitamin K: 14.91µg (14.2%)