



Lemon Crumb Bars

READY IN



55 min.

SERVINGS



24

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter cold cubed
- 1 eggs
- 3 egg yolk
- 1 package lemon cake mix (regular size)
- 0.5 cup juice of lemon
- 2 cups saltines crushed (60 crackers)
- 14 ounces condensed milk sweetened canned

Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, beat the cake mix, butter and egg until crumbly. Stir in cracker crumbs; set aside 2 cups for topping.
- Press remaining mixture into a 13x9-in. baking dish coated with cooking spray.
- Bake at 350° for 18–20 minutes or until edges are lightly browned.
- In a small bowl, beat the egg yolks, milk and lemon juice.
- Pour over crust; sprinkle with reserved topping.
- Bake 20–25 minutes longer or until edges are lightly browned. Cool on a wire rack.
- Cut into bars. Store in the refrigerator.

Nutrition Facts

PROTEIN 6.49% **FAT 31.63%** **CARBS 61.88%**

Properties

Glycemic Index:4.63, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:4.4504347987797%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 201.63kcal (10.08%), Fat: 7.16g (11.02%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 31.08g (11.3%), Sugar: 18.55g (20.61%), Cholesterol: 46.91mg (15.64%), Sodium: 266.86mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Phosphorus: 128.51mg (12.85%), Vitamin B2: 0.17mg (9.98%), Calcium: 98.9mg (9.89%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.11mg (7.45%), Folate: 29.59µg (7.4%), Iron: 0.9mg (5.02%), Manganese: 0.09mg (4.67%), Vitamin B3: 0.92mg (4.59%), Vitamin A: 205.04IU (4.1%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.49mg (3.24%), Vitamin C: 2.4mg (2.91%), Vitamin B12: 0.17µg (2.8%), Potassium: 91.7mg (2.62%), Vitamin K: 2.56µg (2.44%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (2.18%),

Magnesium: 8.53mg (2.13%), Fiber: 0.44g (1.75%), Copper: 0.03mg (1.5%), Vitamin D: 0.19µg (1.27%)