

Lemon Curd Bars

READY IN



45 min.

SERVINGS



40

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds toasted chopped
- 0.5 teaspoon baking soda
- 0.7 cup coconut or flaked
- 2 cups flour all-purpose
- 10 ounce lemon curd
- 1 cup butter unsalted
- 1 cup sugar white

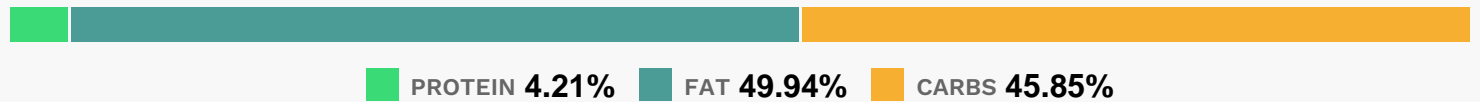
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large mixing bowl cream the butter.
- Add the flour, sugar and baking soda.
- Mix until the mixture forms coarse crumbs
- Pat 2/3 of the mixture into the bottom of one 9x13 inch baking pan.
- Bake at 375 degrees F (190 degrees C) for 10 minutes.
- Remove and let cool slightly.
- Spread the lemon curd over the baked layer. To the remaining 1/3 of crumb mixture add the coconut and the almonds.
- Sprinkle over the top of the lemon curd.
- Lower oven temperature to 350 degrees F (175 degrees C).
- Bake bars for 25 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:6.96, Inflammation Score:-1, Nutrition Score:1.918260861917%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.13kcal (6.31%), Fat: 7.14g (10.98%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.11g (5.13%), Sugar: 9.44g (10.49%), Cholesterol: 12.2mg (4.07%), Sodium: 36.28mg (1.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Manganese: 0.12mg (6.14%), Vitamin E: 0.6mg (3.99%), Selenium: 2.54µg (3.63%), Vitamin B1: 0.05mg (3.59%), Vitamin B2: 0.06mg (3.27%), Folate: 12.52µg (3.13%), Vitamin A: 141.84IU (2.84%), Fiber: 0.64g (2.55%), Iron: 0.41mg (2.26%), Vitamin B3: 0.44mg (2.22%), Copper: 0.04mg (2%), Phosphorus: 19.63mg (1.96%), Magnesium: 7.59mg (1.9%)