

Lemon Curd Bars

READY IN



55 min.

SERVINGS



24

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups pillsbury best® all purpose flour
- ☐ 0.5 cup almonds chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 0.8 cup coconut or flaked
- ☐ 20 ounce dickinson's® lemon curd
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

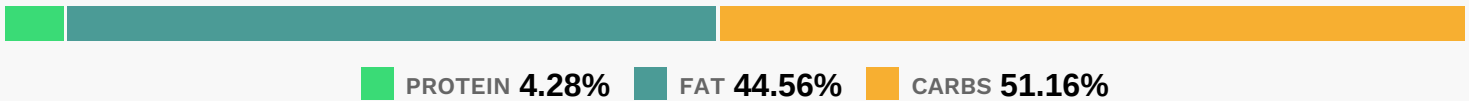
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F. Beat butter and sugar in large bowl until creamy.
- ☐ Add flour, baking soda and salt.
- ☐ Mix until mixture forms coarse crumbs. Pat 3/4 of mixture into bottom of ungreased 13 x 9-inch baking pan.
- ☐ Bake 10 minutes.
- ☐ Remove from oven and cool slightly.
- ☐ Spread curd over baked layer.
- ☐ Add coconut and almonds to remaining crumb mixture; stir to mix.
- ☐ Sprinkle over curd.
- ☐ Bake additional 25 minutes or until lightly brown.
- ☐ Remove from oven and cool slightly. Dust with powdered sugar and cut into squares.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:13.04, Inflammation Score:-2, Nutrition Score:3.5665217283303%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, 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: 262.52kcal (13.13%), Fat: 13.2g (20.31%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 34.09g (11.36%),
Net Carbohydrates: 32.89g (11.96%), Sugar: 23.18g (25.76%), Cholesterol: 20.34mg (6.78%), Sodium: 180.08mg
(7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.23mg (11.51%), Selenium:
5.17µg (7.39%), Vitamin B1: 0.11mg (7.36%), Vitamin E: 1mg (6.68%), Folate: 25.66µg (6.42%), Vitamin B2: 0.11mg
(6.22%), Fiber: 1.2g (4.82%), Vitamin A: 236.39IU (4.73%), Iron: 0.81mg (4.5%), Vitamin B3: 0.9mg (4.48%),
Phosphorus: 36.13mg (3.61%), Copper: 0.07mg (3.56%), Magnesium: 13.49mg (3.37%), Zinc: 0.25mg (1.65%),
Potassium: 52.64mg (1.5%), Calcium: 13.03mg (1.3%), Vitamin B5: 0.1mg (1.03%)