



Lemon-Earl Grey Squares

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 8 tablespoons butter chilled cut into pieces
- ☐ 3 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated

- ☐ 0.3 cup powdered sugar
- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 earl grey tea bags divided

Equipment

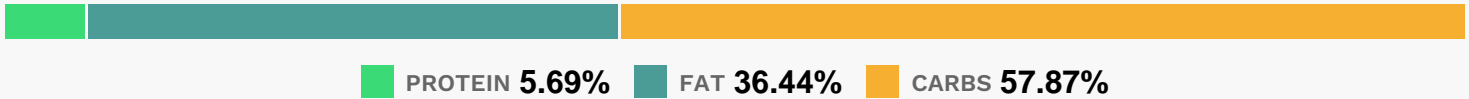
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, line an 8-inch square metal baking pan with foil that extends 2 inches beyond sides; coat foil with cooking spray. Weigh or lightly spoon 6 ounces flour into dry measuring cups; level with a knife.
- ☐ Combine 6 ounces flour, 1/3 cup powdered sugar, 1 teaspoon tea leaves from 1 tea bag (discard remaining tea in bag), and salt in a bowl; cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Press into bottom of prepared pan.
- ☐ Bake at 350 for 19 minutes or until lightly browned.
- ☐ To prepare filling, place juice in a medium microwave-safe bowl. Microwave at HIGH for 30 seconds.

- ☐ Add remaining 1 tea bag to juice; cover and steep 10 minutes. Squeeze juice from tea bag into bowl; discard tea bag.
- ☐ Combine granulated sugar, 2 tablespoons flour, and baking powder in a bowl.
- ☐ Add rind and eggs to juice; stir with a whisk until combined.
- ☐ Add sugar mixture to juice mixture; stir with a whisk until well combined.
- ☐ Remove crust from oven; pour filling onto hot crust.
- ☐ Bake at 350 for 23 minutes or until set. Cool in pan on a wire rack for 30 minutes.
- ☐ Remove from pan by lifting foil.
- ☐ Remove foil; cut into 16 bars.
- ☐ Sprinkle bars with 1 tablespoon powdered sugar.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:14.67, Inflammation Score:-2, Nutrition Score:2.8095651916836%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.01mg
Thearubigins: 0.1mg, Thearubigins: 0.1mg, Thearubigins: 0.1mg, Thearubigins: 0.1mg
Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg
Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg
Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 163.37kcal (8.17%), Fat: 6.72g (10.34%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 23.69g (8.62%), Sugar: 15.58g (17.31%), Cholesterol: 49.92mg (16.64%), Sodium: 90.2mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Selenium: 6.68µg (9.54%), Folate: 25µg (6.25%), Vitamin B2: 0.1mg (5.99%), Vitamin B1: 0.09mg (5.95%), Vitamin A: 225.91IU (4.52%), Manganese: 0.08mg (3.85%), Iron: 0.69mg (3.83%), Phosphorus: 34.88mg (3.49%), Vitamin B3: 0.65mg (3.23%), Vitamin C: 1.8mg (2.18%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.27mg (1.82%), Calcium: 16.61mg (1.66%), Vitamin B12: 0.1µg (1.59%), Zinc: 0.21mg (1.38%), Fiber: 0.33g (1.31%), Vitamin D: 0.19µg (1.25%), Copper: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.15%)