



Lemon Icebox Bars

READY IN



505 min.

SERVINGS



16

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon brown sugar dark
- 0.3 cup pasteurized egg product (such as egg beaters)
- 2 teaspoons powdered gelatin
- 14 whole-grain graham cracker squares (7 full sheets)
- 0.5 cup juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.3 teaspoon salt
- 14 ounce condensed milk fat-free sweetened canned
- 2 tablespoons butter unsalted melted

3 tablespoons water boiling

Equipment

food processor

bowl

frying pan

knife

whisk

hand mixer

Directions

Watch how to make this recipe.

Place graham crackers in the bowl of a food processor and pulse until crumbs are formed.

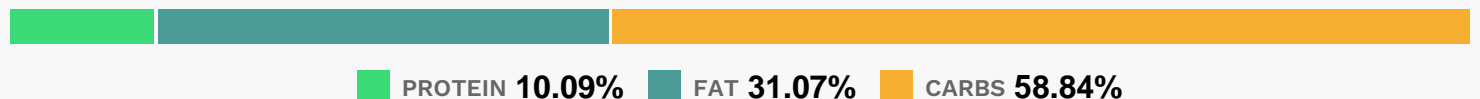
Add butter, brown sugar and salt and pulse to incorporate, until crumbs resemble wet sand. Coat an 8-inch square pan with cooking spray and pack crumbs firmly into the bottom of it. Refrigerate until ready to use.

In a large bowl, combine cream cheese, condensed milk and pasteurized egg product and beat on high with an electric mixer until smooth and creamy, about 2 minutes.

Add lemon zest and juice and beat until fully incorporated, another 30 seconds. In a small bowl, combine the gelatin and boiling water and whisk until gelatin is entirely dissolved; let cool 2 to 3 minutes. Stir the gelatin into the cream cheese-lemon mixture until well incorporated.

Pour the filling over the crust. Refrigerate for 8 hours or overnight, until filling is firm. Slice into 2-inch squares using a chilled knife coated with cooking spray.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:11.53, Inflammation Score:-1, Nutrition Score:2.9239130544922%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.84kcal (6.49%), Fat: 4.57g (7.03%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 19.23g (6.99%), Sugar: 15.84g (17.6%), Cholesterol: 26.32mg (8.77%), Sodium: 115.2mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Phosphorus: 83.92mg (8.39%), Vitamin B2: 0.14mg (8.13%), Calcium: 79.46mg (7.95%), Selenium: 5.07µg (7.24%), Vitamin C: 3.76mg (4.55%), Potassium: 117.67mg (3.36%), Magnesium: 11.24mg (2.81%), Zinc: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.66%), Vitamin A: 130.99IU (2.62%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.15µg (2.43%), Folate: 9.08µg (2.27%), Iron: 0.39mg (2.14%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.47%), Copper: 0.02mg (1.08%), Vitamin D: 0.15µg (1.01%)