



Lemon-Lime Blueberry Squares

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 10 oz blueberries
- ☐ 6 tablespoons powdered sugar
- ☐ 3 large eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh finely grated

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest fresh finely grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted cold cut into pieces
- ☐ 2 tablespoons milk whole
- ☐ 0.8 cup cornmeal yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Line a buttered 8-inch square glass baking dish with 2 (18- by 6-inch) sheets of foil, overlapping them in opposite directions so that there is overhang on all 4 sides.
- ☐ Pulse together flour, cornmeal, confectioners sugar, salt, and butter in a food processor until mixture resembles coarse meal. Press onto bottom of baking dish and 1 inch up sides.
- ☐ Bake in middle of oven until golden brown, about 20 minutes.
- ☐ Whisk together eggs, sugar, flour, and zests.
- ☐ Whisk in juices, milk, and a pinch of salt. Toss blueberries with jam in another bowl.
- ☐ Whisk egg mixture and immediately pour into hot crust, then bake until just set, about 17 minutes. Gently spoon berries evenly over top and bake 2 minutes more.
- ☐ Transfer baking dish to a rack and cool.
- ☐ Chill, covered, overnight (8 hours). Use foil to lift dessert out of dish, then cut into squares.

Nutrition Facts



 **PROTEIN 5.83%**  **FAT 41.71%**  **CARBS 52.46%**

Properties

Glycemic Index:35.95, Glycemic Load:15.8, Inflammation Score:-4, Nutrition Score:5.320434767267%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Petunidin: 9.93mg, Petunidin: 9.93mg, Petunidin: 9.93mg, Petunidin: 9.93mg Delphinidin: 11.16mg, Delphinidin: 11.16mg, Delphinidin: 11.16mg, Delphinidin: 11.16mg Malvidin: 21.29mg, Malvidin: 21.29mg, Malvidin: 21.29mg, Malvidin: 21.29mg Peonidin: 6.39mg, Peonidin: 6.39mg, Peonidin: 6.39mg, Peonidin: 6.39mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 270.17kcal (13.51%), Fat: 12.87g (19.8%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 34.35g (12.49%), Sugar: 22.85g (25.39%), Cholesterol: 89.51mg (29.84%), Sodium: 159.33mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.21mg (10.44%), Selenium: 6.79µg (9.7%), Vitamin A: 442.27IU (8.85%), Fiber: 2.08g (8.33%), Phosphorus: 74.94mg (7.49%), Vitamin B2: 0.12mg (7.16%), Vitamin K: 7.06µg (6.73%), Vitamin B6: 0.13mg (6.44%), Vitamin C: 4.96mg (6.02%), Iron: 0.88mg (4.91%), Magnesium: 19.52mg (4.88%), Zinc: 0.72mg (4.79%), Vitamin E: 0.71mg (4.76%), Vitamin B1: 0.07mg (4.75%), Folate: 17.48µg (4.37%), Vitamin B5: 0.41mg (4.11%), Vitamin D: 0.56µg (3.73%), Copper: 0.07mg (3.73%), Vitamin B12: 0.19µg (3.13%), Potassium: 108.73mg (3.11%), Vitamin B3: 0.56mg (2.8%), Calcium: 21.43mg (2.14%)