



Lemon Linzer Bars

READY IN



315 min.

SERVINGS



24

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup butter softened
- ☐ 2 oz cream cheese softened
- ☐ 4.5 teaspoons lemonade concentrate frozen thawed ()
- ☐ 0.8 teaspoon almond extract
- ☐ 1 eggs
- ☐ 0.7 cup raspberry jam seedless
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup lemon curd (from 10 to 12-oz jar)

- ☐ 2 cups garnish: whipped cream frozen thawed
- ☐ 0.3 cup almonds toasted sliced
- ☐ 24 raspberries fresh thawed drained (and)

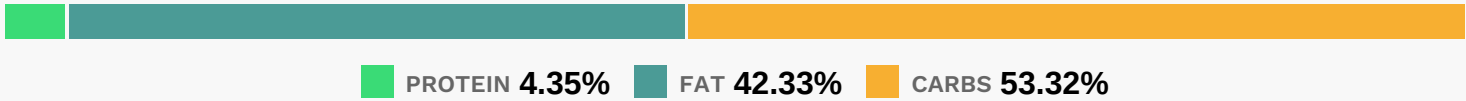
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ In large bowl, stir cookie base ingredients until soft dough forms.
- ☐ Spread dough in bottom of pan.
- ☐ Bake 20 to 23 minutes or until golden brown. Cool completely, about 30 minutes.
- ☐ Spread raspberry jam over cooled base. In large bowl, beat cream cheese and lemon curd with electric mixer on medium speed until smooth. Fold in whipped topping. Drop lemon mixture by teaspoonfuls over jam layer; spread gently and evenly over jam.
- ☐ Sprinkle toasted almonds over top. Refrigerate at least 4 hours or overnight. For bars, cut into 6 rows by 4 rows. To serve, top each bar with 1 raspberry, gently pressing into lemon mixture. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:1.884347849566%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin:

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Nutrients (% of daily need)

Calories: 213.34kcal (10.67%), Fat: 10.1g (15.54%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 28.22g (10.26%), Sugar: 18.42g (20.47%), Cholesterol: 22.55mg (7.52%), Sodium: 146.14mg (6.35%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.34g (4.68%), Vitamin A: 316.24IU (6.32%), Vitamin B2: 0.07mg (4.09%), Vitamin E: 0.61mg (4.05%), Phosphorus: 30.04mg (3%), Selenium: 1.9µg (2.71%), Calcium: 24.39mg (2.44%), Manganese: 0.05mg (2.43%), Folate: 7.5µg (1.87%), Vitamin C: 1.48mg (1.8%), Fiber: 0.41g (1.62%), Magnesium: 6.28mg (1.57%), Vitamin B1: 0.02mg (1.53%), Copper: 0.03mg (1.43%), Potassium: 47.31mg (1.35%), Vitamin B5: 0.13mg (1.29%), Iron: 0.23mg (1.28%), Zinc: 0.16mg (1.04%)