



Lemon-Poppy Seed Bars



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon cornstarch
- ☐ 3 egg whites
- ☐ 3 egg yolk
- ☐ 1 cup flour
- ☐ 0.8 cup juice of lemon freshly squeezed
- ☐ 1 lemon zest grated
- ☐ 1 tablespoon poppy seeds

- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup poppy seeds with the bottom of a heavy pan crushed finely

Equipment

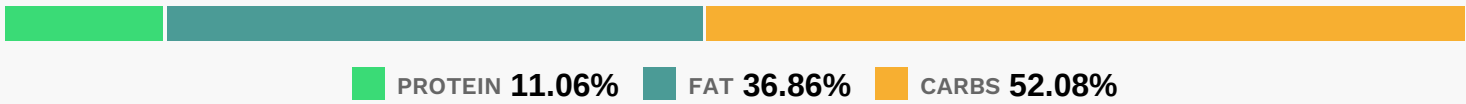
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the butter on medium speed.
- ☐ Add the salt, sugar, and vanilla, and continue to beat until light but not fluffy. Lower the speed and add the flour.
- ☐ Mix until just combined.
- ☐ Spread the dough into the bottom of an 8 by 8-inch pan, patting with your fingers and smoothing the top with an offset metal or rubber spatula if necessary.
- ☐ Bake until light golden brown around the edges, 18 to 20 minutes.
- ☐ Remove from the oven and let cool on a wire rack. Do not turn off the oven.
- ☐ Place the poppy seeds, sugar and 1/4 cup cold water in a small saucepan and bring to a boil over high heat.
- ☐ Let boil for 1 to 2 minutes, stirring occasionally, until the mixture is thick and glossy.

- ☐ Add the butter and stir until incorporated.
- ☐ Remove from the heat immediately and spread the poppy seed mixture evenly over the baked cookie crust. Set aside.
- ☐ Place 3/4 cup cold water and the cornstarch into a medium nonreactive saucepan and whisk to dissolve the cornstarch.
- ☐ Add the sugar and egg yolks and whisk to combine. Over medium heat, stirring constantly, bring the mixture to a boil and let boil for 2 minutes.
- ☐ Remove from the heat.
- ☐ Add the lemon juice, lemon zest, and butter.
- ☐ Whisk until smooth.
- ☐ Pour the lemon filling evenly over the poppy seed layer.
- ☐ Using a handheld mixer or in a the bowl of an electric mixer, whip the eggwhites on medium-high speed. When the whites peak softly, slowly add the sugar. Continue whipping until firm (but not stiff) peaks are formed.
- ☐ Fold in the cornstarch, and then the poppy seeds. Cover the lemon filling completely and dab the top to make attractive swirled points.
- ☐ Bake until the meringue browns, about 18 minutes. Cool and refrigerate until firm, at least 2 hours.
- ☐ Cut into 8 large bars.
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Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:14.48, Inflammation Score:-4, Nutrition Score:8.089999978957%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 190.27kcal (9.51%), Fat: 7.95g (12.23%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 23.25g (8.45%), Sugar: 9.34g (10.38%), Cholesterol: 80.43mg (26.81%), Sodium: 51.96mg (2.26%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 5.36g (10.73%), Manganese: 0.61mg (30.52%), Selenium: 12.46µg (17.81%), Vitamin B1: 0.2mg (13.61%), Folate: 49.72µg (12.43%), Calcium: 121.24mg (12.12%), Vitamin C: 9.89mg (11.99%), Phosphorus: 111.96mg (11.2%), Vitamin B2: 0.18mg (10.39%), Iron: 1.67mg (9.29%), Fiber: 2.02g (8.07%), Magnesium: 32.22mg (8.05%), Copper: 0.16mg (7.79%), Zinc: 0.87mg (5.79%), Vitamin B3: 1.03mg (5.14%), Vitamin A: 186.55IU (3.73%), Vitamin B5: 0.35mg (3.52%), Potassium: 121.61mg (3.47%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.43mg (2.88%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.36µg (2.43%)