



Lemon square bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup powdered sugar
- 2 eggs
- 0.3 cup flour all-purpose
- 0.8 cup juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup sugar
- 0.5 cup butter unsalted cut into small pieces 125 ml

0.5 tsp vanilla essence

Equipment

bowl

frying pan

oven

Directions

In a medium bowl, stir together 2 cups flour and confectioners' sugar. Blend in the melted butter and vanilla essence. Press the soft dough with the palm of your hand into the bottom of the greased 9x13 inch pan.

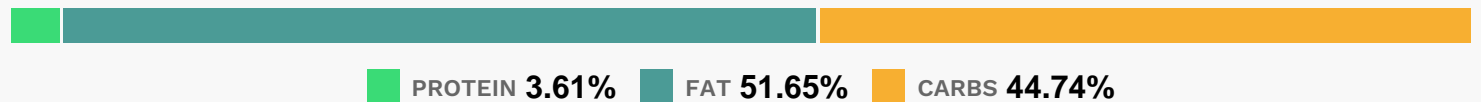
Bake the dough in the preheated oven at 170C for 15 minutes, or until golden. Meanwhile, in a large bowl, beat eggs until light.

Combine the sugar, baking powder and cup of flour so there will be no flour lumps. Stir the sugar mixture into the eggs. Stir in the lemon juice and lemon rind.

Pour over the prepared crust and return to the oven.

Bake for an additional 30 minutes or until bars are set. Allow to cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:0.99913043478261%

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: 71.67kcal (3.58%), Fat: 4.23g (6.51%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.83g (7.59%), Cholesterol: 23.81mg (7.94%), Sodium: 14.77mg (0.64%), Protein: 0.66g (1.33%), Vitamin C: 3.06mg (3.71%), Vitamin A: 138.48IU (2.77%), Selenium: 1.66µg (2.38%), Vitamin

B2: 0.03mg (1.61%), Folate: 5.78µg (1.45%), Phosphorus: 12.25mg (1.23%), Vitamin E: 0.16mg (1.07%)