

Lemon Square Bars



Vegetarian



Popular

READY IN



70 min.

SERVINGS



15

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter melted
- ☐ 1 cup confectioners' sugar
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.6 cup juice of lemon
- ☐ 2 cups sugar white

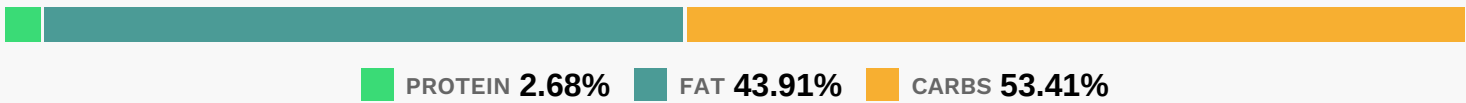
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a medium bowl, stir together 2 cups flour and confectioners' sugar. Blend in the melted butter. Press into the bottom of the prepared pan.
- ☐ Bake in the preheated oven for 15 minutes, or until golden. In a large bowl, beat eggs until light.
- ☐ Combine the sugar, baking powder and 1/4 cup of flour so there will be no flour lumps. Stir the sugar mixture into the eggs. Finally, stir in the lemon juice.
- ☐ 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:19.14, Glycemic Load:19.84, Inflammation Score:-2, Nutrition Score:2.3921739057354%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 269.03kcal (13.45%), Fat: 13.52g (20.8%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 36.92g (13.42%), Sugar: 34.75g (38.61%), Cholesterol: 76.18mg (25.39%), Sodium: 142.81mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 442.15IU (8.84%), Selenium: 4.68µg (6.68%), Vitamin C: 3.93mg (4.77%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 35.77mg (3.58%), Vitamin E: 0.49mg (3.27%), Folate: 11.81µg (2.95%), Calcium: 27.14mg (2.71%), Vitamin B5: 0.22mg (2.19%), Vitamin B12: 0.13µg (2.17%), Iron: 0.36mg (2%), Vitamin B1: 0.02mg (1.62%), Vitamin D: 0.23µg (1.56%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.19mg (1.25%), Vitamin K: 1.1µg (1.05%), Manganese: 0.02mg (1.01%)