



Lemon Squares

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

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

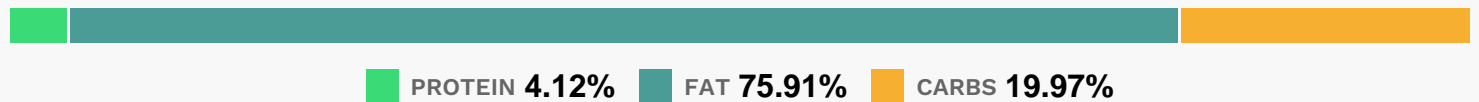
Equipment

- frying pan
- oven

Directions

- Sift flour and powdered sugar together.
- Cut in butter until well blended. Press mixture over bottom of a 9 by 13 by 2-inch pan.
- Bake about 25 minutes at 300 until lightly browned.
- Combine remaining ingredients and spread on top of the baked crust.
- Bake at 350 for 25 to 30 minutes.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:1.9778260869565%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 59.87%, Saltiness: 33.59%, Sourness: 53.04%, Bitterness: 36.97%, Savoriness: 20.46%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 145.49kcal (7.27%), Fat: 12.58g (19.36%), Saturated Fat: 7.64g (47.72%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 7.4g (2.69%), Sugar: 6.91g (7.68%), Cholesterol: 71.42mg (23.81%), Sodium: 116.55mg (5.07%), Protein: 1.54g (3.07%), Vitamin A: 414.52IU (8.29%), Selenium: 3.57µg (5.1%), Vitamin C: 3.23mg (3.91%), Vitamin B2: 0.06mg (3.39%), Phosphorus: 31.29mg (3.13%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.43µg (2.89%), Calcium: 25.15mg (2.52%), Vitamin B12: 0.12µg (2.03%), Vitamin B5: 0.19mg (1.95%), Folate: 7.13µg (1.78%), Iron: 0.24mg

(1.31%), Vitamin B6: 0.02mg (1.15%), Zinc: 0.16mg (1.07%)