



Lemon Squares

READY IN



20 min.

SERVINGS



20

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter chilled cut into pieces
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 cup juice of lemon fresh (6 lemons)
- ☐ 2 tablespoons lemon rind grated (5 lemons)
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

☐ 1 drop garnishes: whipped cream crushed

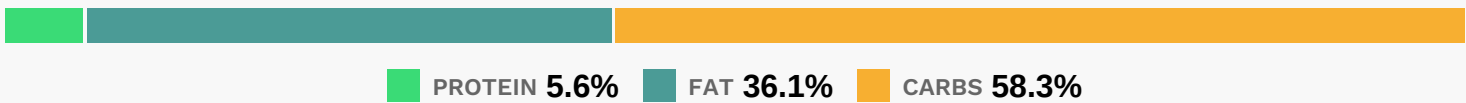
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Pulse 2 cups flour, 1/2 cup powdered sugar, and 3/4 cup butter in a food processor 6 times or until mixture is crumbly. Press mixture into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 15 to 20 minutes or until lightly golden.
- ☐ Whisk together eggs and next 3 ingredients.
- ☐ Combine baking powder, salt, and remaining 1/4 cup flour; whisk into egg mixture.
- ☐ Pour batter into prepared crust.
- ☐ Bake at 350 for 20 minutes or until set. Cool on a wire rack 2 hours or until completely cool.
- ☐ Cut into squares.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:18.29, Inflammation Score:-2, Nutrition Score:3.5269565271295%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.8kcal (9.89%), Fat: 8.07g (12.41%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 28.86g (10.49%), Sugar: 18.17g (20.19%), Cholesterol: 55.54mg (18.51%), Sodium: 119.8mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Selenium: 8.04µg (11.49%), Folate: 31.99µg (8%), Vitamin B1: 0.12mg (7.78%), Vitamin B2: 0.12mg (7.23%), Vitamin A: 267.74IU (5.35%), Manganese: 0.1mg (5.01%), Iron: 0.87mg (4.84%), Vitamin B3: 0.85mg (4.25%), Phosphorus: 42.02mg (4.2%), Vitamin C: 3.13mg (3.8%), Vitamin B5: 0.23mg (2.34%), Calcium: 22.92mg (2.29%), Vitamin E: 0.32mg (2.15%), Fiber: 0.46g (1.85%), Vitamin B12: 0.1µg (1.73%), Zinc: 0.24mg (1.61%), Copper: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.37%), Vitamin D: 0.2µg (1.33%), Magnesium: 4.98mg (1.25%), Potassium: 38.61mg (1.1%)