



Lemon Squares

 Vegetarian

READY IN



180 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 3 tablespoons pinenuts toasted coarsely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter unsalted chilled cut into small pieces

Equipment

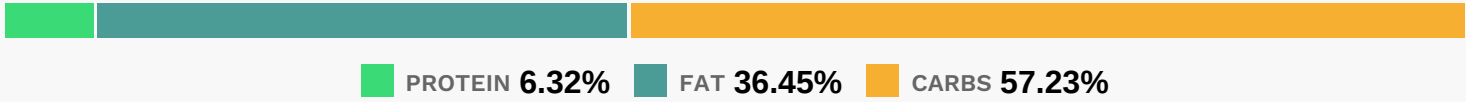
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, 1/4 cup powdered sugar, pine nuts, and salt in a food processor; pulse 2 times to combine.
- ☐ Add butter and canola oil. Pulse 3 to 5 times or until mixture resembles coarse meal.
- ☐ Place mixture into the bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray; press into bottom of pan.
- ☐ Bake at 350 for 20 minutes or until lightly browned. Reduce oven temperature to 32
- ☐ Combine granulated sugar and next 5 ingredients (through egg white) in a medium bowl, stirring with a whisk until smooth.
- ☐ Pour mixture over crust.

- ☐ Bake at 325 for 20 minutes or until set.
- ☐ Remove from oven, and cool completely in pan on a wire rack. Cover and chill for at least 2 hours.
- ☐ Sprinkle squares evenly with 2 tablespoons powdered sugar.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:10.3, Inflammation Score:-1, Nutrition Score:2.79999999963719%

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: 124.4kcal (6.22%), Fat: 5.17g (7.95%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.96g (6.53%), Sugar: 12.49g (13.88%), Cholesterol: 27.01mg (9%), Sodium: 31.07mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Manganese: 0.21mg (10.74%), Selenium: 4.75µg (6.78%), Vitamin B2: 0.08mg (4.68%), Folate: 17.69µg (4.42%), Vitamin B1: 0.06mg (4.32%), Vitamin E: 0.6mg (4.02%), Vitamin C: 3.13mg (3.79%), Phosphorus: 31.85mg (3.19%), Iron: 0.54mg (3.02%), Vitamin B3: 0.5mg (2.49%), Vitamin K: 2.42µg (2.3%), Copper: 0.04mg (2.1%), Magnesium: 7.69mg (1.92%), Zinc: 0.26mg (1.71%), Vitamin A: 78.55IU (1.57%), Vitamin B5: 0.15mg (1.48%), Fiber: 0.29g (1.16%), Potassium: 39.18mg (1.12%), Vitamin D: 0.15µg (1.01%), Vitamin B12: 0.06µg (1.01%)