



Lemon Squares with European Style Butter

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large eggs
- 2 tablespoons flour all-purpose
- 0.8 cup granulated sugar 170 grams
- 0.3 cup squeezed lemon juice fresh
- 2 teaspoons lemon zest
- 25 grams powdered sugar

Equipment

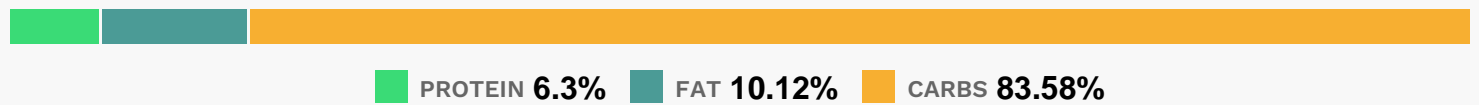
- frying pan

- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (176 C). Line an 8 inch metal pan with non-stick foil or line with foil and spray foil with cooking spray. Beat the butter and powdered sugar together until creamy.
- Add flour and stir until moistened – mixture won't be uniform, but rather raggedy and unattractive. Press into pan. I use damp hands to do this.
- Bake on center rack for 20 minutes. Meanwhile, beat eggs with a fork or spoon until yellow. Beat in the sugar and zest, then gently stir in the flour until it disappears. Stir in the lemon juice and pour the mixture over the hot baked crust. Return pan to oven and bake on center rack for another 20 minutes.
- Let cool for about 20 minutes, then dust top with powdered sugar. Lift from pan and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index: 9.07, Glycemic Load: 7.06, Inflammation Score: -1, Nutrition Score: 0.85956521478036%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.48kcal (2.77%), Fat: 0.64g (0.99%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 11.9g (4.33%), Sugar: 11.02g (12.24%), Cholesterol: 23.25mg (7.75%), Sodium: 9.07mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Selenium: 2.31µg (3.3%), Vitamin C: 1.8mg (2.18%), Vitamin B2: 0.04mg (2.12%), Phosphorus: 13.72mg (1.37%), Folate: 5.45µg (1.36%), Vitamin B5: 0.11mg (1.06%)