



Lemon Zucchini Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 teaspoon salt

- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 1.3 cups sugar white
- ☐ 1.8 cups zucchini grated

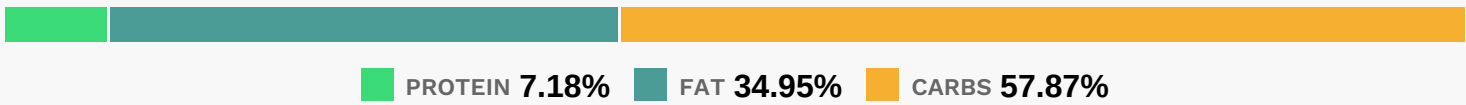
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ In a large bowl, combine sugar, oil, eggs, lemon rind, and lemon juice; mix well. Stir in shredded zucchini.
- ☐ Combine in another bowl, flour, baking powder, baking soda, and salt. Gradually add this mixture to the zucchini mixture.
- ☐ Mix thoroughly. Stir in the walnuts.
- ☐ Pour batter into a greased 9 x 13 inch baking pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until a knife inserted in the center comes out clean. Cool.
- ☐ Sprinkle top with sifted confectioners' sugar and cut into bars.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:3.7217391392459%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin:

0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 142.51kcal (7.13%), Fat: 5.69g (8.75%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.47g (7.44%), Sugar: 12.5g (13.89%), Cholesterol: 20.46mg (6.82%), Sodium: 201.52mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Manganese: 0.26mg (12.8%), Selenium: 5.55µg (7.93%), Folate: 29.13µg (7.28%), Vitamin B1: 0.11mg (7.02%), Vitamin B2: 0.1mg (5.6%), Copper: 0.1mg (5.14%), Phosphorus: 43.58mg (4.36%), Iron: 0.77mg (4.28%), Vitamin K: 3.91µg (3.72%), Vitamin B3: 0.72mg (3.59%), Vitamin C: 2.88mg (3.49%), Magnesium: 12.47mg (3.12%), Fiber: 0.72g (2.89%), Vitamin B6: 0.06mg (2.82%), Zinc: 0.33mg (2.18%), Potassium: 66.99mg (1.91%), Vitamin B5: 0.18mg (1.8%), Vitamin E: 0.26mg (1.75%), Calcium: 13.87mg (1.39%)