



Lemongrass Bars with Coconut Shortbread Crust

 Vegetarian

READY IN



265 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup flour
- 3 large eggs
- 1.5 cups flour all-purpose
- 5 tablespoons juice of lemon fresh
- 3 lemon grass finely chopped (scant)
- 24 servings powdered sugar
- 1.3 cups sugar

- 3 ounces coconut shredded sweetened
- 0.5 cup butter unsalted room temperature

Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350°F. Butter 13 x 9 x 2- inch metal baking pan. Using electric mixer, beat flour, coconut, powdered sugar, and 1/2 teaspoon salt in large bowl until well blended, 30 seconds.
- Add butter; beat on low speed until moist clumps form. Press dough onto bottom and 1/2 inch up sides of pan.
- Bake crust until golden (edges will be darker), about 25 minutes.
- Meanwhile, place sugar and lemongrass in processor; pulse until lemongrass is finely ground, about 1 minute.
- Add lemon juice; process until well blended, about 30 seconds.
- Add eggs; process to blend, 10 to 15 seconds.
- Add flour and pinch of salt; pulse until smooth.
- Reduce oven temperature to 325°F.
- Pour filling over hot crust; bake until filling is firm, 22 to 23 minutes. Cool in pan on rack.
- Cut lemongrass bars lengthwise into 4 strips, then crosswise into 6 pieces. Dust bars with powdered sugar and serve.
- Per serving: 166 calories, 7 g fat, 0.3 g fiber
- Bon Appétit

Nutrition Facts



■ PROTEIN 4.46% ■ FAT 30.88% ■ CARBS 64.66%

Properties

Glycemic Index:9.17, Glycemic Load:12.3, Inflammation Score:-1, Nutrition Score:2.6813043200451%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.31kcal (8.32%), Fat: 5.82g (8.96%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 27.01g (9.82%), Sugar: 19.88g (22.09%), Cholesterol: 33.42mg (11.14%), Sodium: 19.19mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Manganese: 0.19mg (9.28%), Selenium: 5.77µg (8.24%), Folate: 21.14µg (5.28%), Vitamin B1: 0.08mg (5.1%), Vitamin B2: 0.08mg (4.75%), Iron: 0.66mg (3.69%), Vitamin A: 152.16IU (3.04%), Vitamin B3: 0.57mg (2.86%), Phosphorus: 28.03mg (2.8%), Vitamin B5: 0.17mg (1.71%), Fiber: 0.41g (1.66%), Copper: 0.03mg (1.65%), Zinc: 0.23mg (1.54%), Vitamin C: 1.25mg (1.52%), Vitamin E: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.32%), Vitamin D: 0.2µg (1.31%), Magnesium: 5.18mg (1.3%), Potassium: 39.56mg (1.13%), Vitamin B12: 0.06µg (1.06%)