



## Lemony Coconut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.3 cups firmly brown sugar packed
- 0.4 lb butter
- 3 large eggs
- 2 cups flour all-purpose
- 2 teaspoons juice of lemon
- 0.5 teaspoon salt
- 1.5 cups coconut or dried shredded sweetened

- 1.5 cups walnuts finely chopped

## Equipment

- bowl
- oven
- blender
- baking pan

## Directions

- In a bowl, mix 1 3/4 cups flour and 1/4 cup brown sugar. With your fingers or a pastry blender, rub or cut in butter until mixture forms coarse crumbs.
- Spread mixture evenly over the bottom of a 10- by 15-inch baking pan; firmly press into a smooth layer.
- Bake in a 350 oven until slightly dry to the touch, about 10 minutes.
- Let cool for 15 minutes.
- Meanwhile, in a bowl, with a mixer on medium speed, beat eggs lightly. Beat in salt, baking powder, remaining 1 cup brown sugar, and remaining 1/4 cup flour. Stir in walnuts, coconut, and lemon juice.
- Spread over baked crust and return to oven; bake until lightly browned, 20 to 25 minutes.
- Remove from oven; immediately brush with lemon glaze.
- Let cool completely on a rack, then cut into 60 bars.
- Lemon glaze. In a bowl, mix 1 cup powdered sugar, 1 1/2 teaspoons grated lemon peel, 2 tablespoons lemon juice, and 1 teaspoon warm water until smooth.

## Nutrition Facts



**PROTEIN 5.75%** **FAT 53.16%** **CARBS 41.09%**

## Properties

Glycemic Index:3.95, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.915217395062%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 86.94kcal (4.35%), Fat: 5.28g (8.13%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.78g (3.19%), Sugar: 5.52g (6.13%), Cholesterol: 15.4mg (5.13%), Sodium: 52.01mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Manganese: 0.19mg (9.38%), Selenium: 2.78µg (3.98%), Copper: 0.06mg (3.18%), Folate: 12.01µg (3%), Vitamin B1: 0.04mg (2.97%), Phosphorus: 23.59mg (2.36%), Iron: 0.4mg (2.24%), Vitamin B2: 0.04mg (2.23%), Magnesium: 7.45mg (1.86%), Vitamin A: 84.94IU (1.7%), Fiber: 0.41g (1.64%), Vitamin B6: 0.03mg (1.5%), Vitamin B3: 0.3mg (1.49%), Zinc: 0.2mg (1.31%), Calcium: 11.69mg (1.17%), Potassium: 35.35mg (1.01%)