



Lime & ginger bars

READY IN



50 min.

SERVINGS



12

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 85 g butter unsalted melted for greasing plus a little extra
- ☐ 250 g biscuits
- ☐ 25 g flour plain
- ☐ 200 g brown sugar
- ☐ 2 large egg yolk
- ☐ 2 juice of lime (you will need 100ml juice)

Equipment

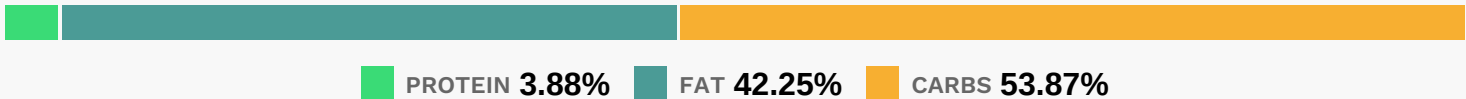
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Line a 18 x 23 cm roasting tin with foil, then lightly grease.
- ☐ Heat oven to 180C/160C fan/gas 4 and put a baking sheet in to heat up. Crush the biscuits until very fine.
- ☐ Mix the crumbs and butter together well, then press into the bottom of the tin, squashing down firmly. Slide tin onto the baking sheet and bake for 20 mins until very dark golden all over.
- ☐ Meanwhile, make the filling. Stir the flour and sugar together, make a well in the middle, then work in the eggs and yolk until smooth.
- ☐ Mix in the lime zest and juice.
- ☐ Pour the filling onto the hot base, return to the oven and turn the heat down to 160C/140C fan/gas
- ☐ Bake for 20 mins or until set in the middle. Cool on a wire rack, then cut into bars.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:7.54, Inflammation Score:-2, Nutrition Score:3.5947826323302%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.12kcal (10.41%), Fat: 9.96g (15.32%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 28.22g (10.26%), Sugar: 17g (18.89%), Cholesterol: 46.04mg (15.35%), Sodium: 203.2mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Phosphorus: 105.95mg (10.6%), Selenium: 6.49µg (9.26%), Vitamin B1: 0.11mg (7.46%), Folate: 23.41µg (5.85%), Iron: 0.99mg (5.48%), Manganese: 0.11mg (5.46%),

Vitamin B2: 0.09mg (5.25%), Vitamin A: 220.79IU (4.42%), Vitamin B3: 0.85mg (4.25%), Vitamin E: 0.52mg (3.5%), Calcium: 30.41mg (3.04%), Potassium: 81.7mg (2.33%), Vitamin B5: 0.19mg (1.92%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.26µg (1.73%), Copper: 0.03mg (1.64%), Vitamin B12: 0.1µg (1.61%), Magnesium: 6.18mg (1.55%), Vitamin B6: 0.03mg (1.48%), Fiber: 0.35g (1.39%), Vitamin K: 1.41µg (1.34%), Zinc: 0.2mg (1.3%)