

Lime-Ooo Bars

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 1 tablespoon cornstarch
- ☐ 16 ounces cream cheese softened at room temperature
- ☐ 4 egg yolks
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ 2 cups granulated sugar
- ☐ 2 teaspoons lime extract

- ☐ 0.5 cup juice of lime freshly squeezed 4 limes
- ☐ 2 teaspoons lime zest freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted softened at room temperature
- ☐ 8 tablespoons butter unsalted softened at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup water

Equipment

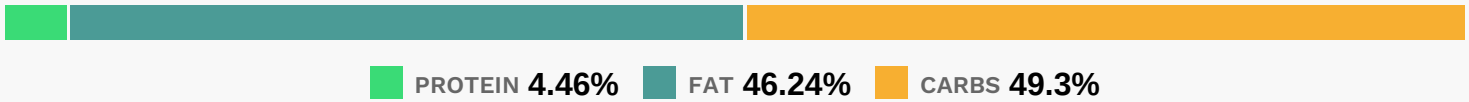
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter and confectioners' sugar until smooth.
- ☐ Add the vanilla and mix. With the mixer running at low speed, add the flour and mix. Press the dough into an 8 by 8-inch baking pan. Refrigerate until firm, about 30 minutes. Preheat the oven to 325 degrees F. Prick the dough all over with a fork, then bake until golden brown, about 30 minutes.
- ☐ Let cool.

- ☐ Cream Cheese Filling: In a mixer fitted with a paddle attachment (or using a hand mixer), cream the cream cheese and sugar together until smooth.
- ☐ Add the eggs and extract and mix at medium speed until smooth. Cover and refrigerate until ready to use.
- ☐ Lime Filling: In a non-reactive saucepan, whisk the egg yolks, cornstarch, and sugar.
- ☐ Whisk in the water, salt, and lime juice and bring to a simmer over medium-low heat.
- ☐ Whisking constantly, cook until the mixture is thick enough to coat the back of a spoon.
- ☐ Remove from the heat, add the zest and butter, and stir until smooth.
- ☐ Let cool 10 minutes.
- ☐ Reheat the oven to 325 degrees F. Using a spatula, spread the cream cheese filling evenly over the cooled crust.
- ☐ Spread the lime filling over the cream cheese filling.
- ☐ Bake until the edges are light golden brown, 30 to 40 minutes.
- ☐ Let cool in the pan, on a wire rack, to room temperature. Refrigerate at least 1 hour or overnight before cutting into 16 squares with a sharp knife.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:28.74, Inflammation Score:-4, Nutrition Score:4.3765217480452%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 356.98kcal (17.85%), Fat: 18.76g (28.86%), Saturated Fat: 10.84g (67.73%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 44.74g (16.27%), Sugar: 37.44g (41.6%), Cholesterol: 116.51mg (38.84%), Sodium: 137.42mg (5.97%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.07g (8.14%), Vitamin A: 697.89IU (13.96%), Selenium: 9.62µg (13.75%), Vitamin B2: 0.16mg (9.65%), Phosphorus: 70.5mg (7.05%), Folate: 27.04µg (6.76%), Vitamin B1: 0.08mg (5.36%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.64mg (4.28%), Calcium: 41.44mg (4.14%),

Iron: 0.64mg (3.58%), Vitamin B12: 0.21µg (3.57%), Vitamin D: 0.48µg (3.23%), Manganese: 0.06mg (3.23%),
Vitamin C: 2.34mg (2.84%), Zinc: 0.39mg (2.6%), Vitamin B3: 0.51mg (2.54%), Vitamin B6: 0.05mg (2.39%),
Potassium: 70.6mg (2.02%), Copper: 0.03mg (1.58%), Magnesium: 6.07mg (1.52%), Vitamin K: 1.33µg (1.26%), Fiber:
0.25g (1.01%)