



Love the Mama Lemon Bars

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



149 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 0.7 cup powdered sugar
- 2 eggs
- 1.1 cups flour all-purpose
- 0.3 cup juice of lemon fresh
- 1.5 teaspoons lemon zest grated

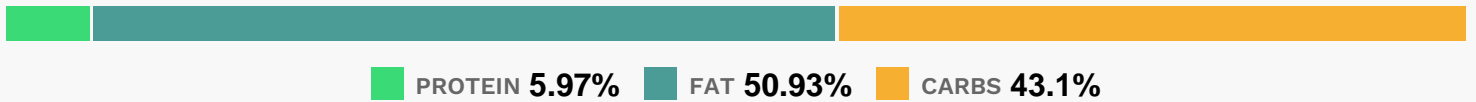
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a medium bowl, mix together the flour, 1/3 cup of confectioners' sugar, and butter until butter is in very small crumbs. Press into the bottom of a 11x7-inch pan.
- Bake for 25 minutes in the preheated oven, or until firm and lightly browned. While the crust is baking, whisk together the eggs, 2/3 cup of confectioners' sugar, lemon juice and lemon zest in a medium bowl. Just before the crust is done, stir in the baking powder.
- Pour over the crust while it is hot, and return to the oven.
- Bake for another 25 minutes in the preheated oven, until set. Dust with remaining confectioners' sugar when cool.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:6.49, Inflammation Score:-2, Nutrition Score:2.9152174151462%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 148.55kcal (7.43%), Fat: 8.5g (13.08%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.82g (5.75%), Sugar: 6.77g (7.52%), Cholesterol: 47.62mg (15.87%), Sodium: 80.51mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Selenium: 6.37µg (9.1%), Folate: 26.56µg (6.64%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 276.5IU (5.53%), Manganese: 0.08mg (4.15%), Iron: 0.69mg (3.86%), Vitamin C: 2.95mg (3.57%), Vitamin B3: 0.71mg (3.54%), Phosphorus: 31.84mg (3.18%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.18mg (1.84%), Fiber: 0.36g (1.45%), Calcium: 13.84mg (1.38%), Vitamin B12: 0.08µg

(1.36%), Zinc: 0.19mg (1.27%), Copper: 0.02mg (1.2%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.11mg (1.03%)