



Love the Mama Lemon Bars

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup confectioners' sugar
- ☐ 2 tablespoons confectioners' sugar or as needed
- ☐ 2 eggs
- ☐ 1.1 cups flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated

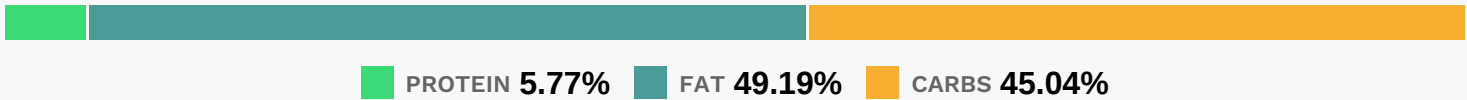
Equipment

- ☐ 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:2.9173912846524%

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: 153.73kcal (7.69%), Fat: 8.5g (13.08%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 17.15g (6.24%), Sugar: 8.07g (8.97%), Cholesterol: 47.62mg (15.87%), Sodium: 80.54mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Selenium: 6.38µg (9.11%), Folate: 26.56µg (6.64%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.1mg (5.73%), Vitamin A: 276.5IU (5.53%), Manganese: 0.08mg

(4.16%), Iron: 0.7mg (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: 13.85mg (1.39%), 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%)