



Luscious Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 4 ounces butter soft ()
- 3 eggs
- 50 g flour
- 1 juice of lemon for ½ cup of juice (or 2 small lemons- basically enough)
- 1 tablespoon lemon zest
- 0.5 cup powdered sugar sifted
- 1.8 cups granulated sugar white fine

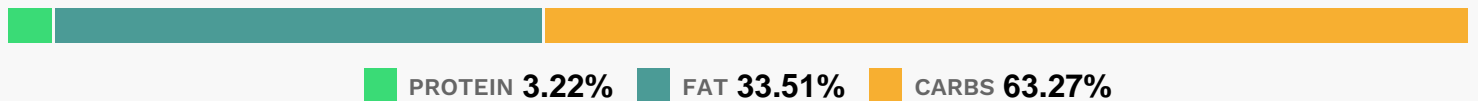
Equipment

- oven
- whisk
- wire rack
- pot
- baking pan
- spatula

Directions

- PREHEAT oven to 350F GREASE 9x13 inch rectangular cake pan COMBINE crust ingredients and press with fingertips into pan BAKE for 20 minutes FILLING: As crust is baking combine all remaining ingredients and whisk together until well combined. When crust is baked, remove from oven, fill with lemon filling; return to oven BAKE for an addition 23-25 minutes (don't let the top get overbrowned - see pic above for what you are looking for!) REMOVE from oven and allow to cool for 1/2 hr on a wire rack. Tip: To remove from baking pan, cut the bars in half and remove each half with a large flexible spatula. Then finish cutting bars into squares DUST with sifted icing sugar and you are DONE. Last steps - VERY IMPORTANT: Put on a pot of tea and I will be there shortly ;) See recipe PLUS photos @ my blog: <http://lemondropsfoodie.blogspot.com/2011/02/luscious-lemon-bars.html>

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:45.41, Inflammation Score:-3, Nutrition Score:4.365652173913%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 12.95%, Sourness: 9.47%, Bitterness: 6.44%, Savoriness: 7.66%, Fattiness: 30.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 462.53kcal (23.13%), Fat: 17.7g (27.24%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 75.21g (25.07%), Net Carbohydrates: 74.86g (27.22%), Sugar: 68.28g (75.87%), Cholesterol: 122.47mg (40.82%), Sodium: 189.16mg (8.22%), Protein: 3.83g (7.65%), Selenium: 10.19µg (14.56%), Vitamin A: 591.9IU (11.84%), Vitamin B2: 0.16mg (9.57%), Folate: 27.29µg (6.82%), Phosphorus: 64.92mg (6.49%), Vitamin B1: 0.08mg (5.13%), Iron: 0.86mg (4.77%), Vitamin E: 0.68mg (4.56%), Vitamin B5: 0.4mg (4.04%), Calcium: 40.02mg (4%), Vitamin C: 3.23mg (3.91%), Vitamin B12: 0.23µg (3.8%), Manganese: 0.07mg (3.32%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.53mg (2.62%), Zinc: 0.37mg (2.47%), Vitamin B6: 0.05mg (2.28%), Copper: 0.03mg (1.72%), Potassium: 52mg (1.49%), Fiber: 0.35g (1.39%), Magnesium: 5.39mg (1.35%), Vitamin K: 1.41µg (1.35%)