



## Luscious Lemon Bars

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



4762 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter cold cut into pieces
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 2 cups granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup powdered sugar

- ☐ 1 serving powdered sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350
- ☐ Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil or parchment paper, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Stir together 2 cups flour and 1/2 cup powdered sugar.
- ☐ Cut in butter using a pastry blender or fork until crumbly. Press mixture onto bottom of prepared pan.
- ☐ Bake at 350 for 20 to 25 minutes or until lightly browned.
- ☐ Meanwhile, whisk eggs in a large bowl until smooth; whisk in granulated sugar, lemon zest, and lemon juice. Stir together baking powder and remaining 1/4 cup flour; whisk into egg mixture.
- ☐ Pour mixture over hot baked crust.
- ☐ Bake at 350 for 25 minutes or until filling is set.
- ☐ Let cool in pan on a wire rack 30 minutes. Lift from pan, using foil sides as handles. Cool completely on a wire rack (about 30 minutes).
- ☐ Remove foil, and cut into bars; sprinkle with powdered sugar.

## Nutrition Facts



 PROTEIN **4.66%**  FAT **38.49%**  CARBS **56.85%**

Properties

Glycemic Index:287.09, Glycemic Load:435.09, Inflammation Score:-10, Nutrition Score:55.530435064565%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 4761.75kcal (238.09%), Fat: 207.35g (319.01%), Saturated Fat: 123.41g (771.3%), Carbohydrates: 688.95g (229.65%), Net Carbohydrates: 680.89g (247.6%), Sugar: 469.47g (521.64%), Cholesterol: 1232.05mg (410.68%), Sodium: 1967.53mg (85.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.5g (112.99%), Selenium: 161.92µg (231.32%), Folate: 632.02µg (158.01%), Vitamin B1: 2.32mg (154.66%), Vitamin B2: 2.48mg (146.07%), Vitamin A: 6758.61IU (135.17%), Manganese: 2mg (100.14%), Iron: 17.14mg (95.21%), Vitamin B3: 16.93mg (84.66%), Phosphorus: 804.8mg (80.48%), Vitamin E: 7.66mg (51.08%), Vitamin B5: 4.66mg (46.61%), Vitamin C: 34.06mg (41.28%), Vitamin B12: 2.17µg (36.1%), Calcium: 338.43mg (33.84%), Zinc: 4.85mg (32.3%), Fiber: 8.05g (32.22%), Copper: 0.6mg (29.84%), Vitamin D: 4µg (26.67%), Vitamin B6: 0.51mg (25.57%), Magnesium: 96.14mg (24.03%), Potassium: 728.15mg (20.8%), Vitamin K: 17.33µg (16.51%)