



Luscious Lemon Bars

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup powdered sugar
- ☐ 30 servings powdered sugar
- ☐ 2 cups sugar

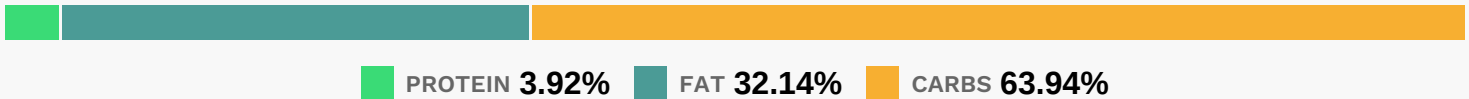
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Combine 2 cups flour and 1/2 cup powdered sugar.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly. Firmly press mixture into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 20 to 25 minutes or until lightly browned.
- ☐ Whisk eggs in a large bowl; whisk in 2 cups sugar and lemon juice.
- ☐ Combine remaining 1/4 cup flour and baking powder; whisk into egg mixture.
- ☐ Pour batter over crust.
- ☐ Bake at 350 for 25 minutes or until set.
- ☐ Let cool completely on a wire rack.
- ☐ Cut into bars, and sprinkle evenly with additional powdered sugar.
- ☐ Prep: 15 min.,
- ☐ Bake: 50 min.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:14.5, Inflammation Score:-2, Nutrition Score:2.3865217069245%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.93kcal (9.45%), Fat: 6.87g (10.56%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 30.47g (11.08%), Sugar: 23.2g (25.78%), Cholesterol: 24.8mg (8.27%), Sodium: 88.43mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Selenium: 5.37µg (7.67%), Vitamin A: 306.82IU (6.14%), Folate: 20.91µg (5.23%), Vitamin B1: 0.08mg (5.18%), Vitamin B2: 0.08mg (4.97%), Manganese: 0.07mg (3.35%), Iron: 0.57mg (3.19%), Vitamin B3: 0.56mg (2.81%), Phosphorus: 26.74mg (2.67%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.15mg (1.53%), Vitamin C: 1.06mg (1.29%), Calcium: 11.72mg (1.17%), Vitamin B12: 0.07µg (1.12%), Fiber: 0.26g (1.05%), Zinc: 0.16mg (1.04%), Copper: 0.02mg (1.02%)