



## Luscious Lemon Squares

 Vegetarian

READY IN



205 min.

SERVINGS



24

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon almond extract
- 6 eggs at room temperature
- 0.8 cup flour all-purpose
- 2 cups flour all-purpose
- 0.7 cup granulated sugar
- 2.7 cups granulated sugar
- 0.8 cup juice of lemon fresh
- 3 tablespoons lemon zest grated

- 24 servings raspberries for garnish, optional
- 0.3 teaspoon sea salt fine
- 2 sticks butter unsalted at room temperature

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- blender
- stand mixer

## Directions

- For the crust: Preheat the oven to 350 degrees F. Grease a 9 by 13-inch baking sheet (otherwise known as a quarter sheet pan) with some cooking spray.
- In a stand mixer with the paddle attachment (or you can use a food processor), cream your butter with the sugar and almond extract until light and fluffy.
- Whisk the flour and salt in a small bowl, making sure there are no lumps. Turn the mixer speed to low, add the flour into your butter and mix until just incorporated. (Make sure not to over-mix.) Turn the dough onto the baking sheet, flour your hands and press it out evenly on the bottom and up the sides. Pop in the fridge for an hour (or overnight) to chill.
- Pop the crust in the oven and bake until a light golden brown, about 20 minutes. Cool completely on a wire rack.
- For the filling: While the crust is cooling, make your filling. Crack your eggs into a large bowl and add the sugar, lemon zest, lemon juice and flour.
- Whisk until combined.
- Pour into the crust and spread evenly. Put back in the oven and bake until the filling is completely set, about 30 minutes.

- Let cool to room temperature before serving.
- Dust with confectioners' sugar and then cut into 20 to 24 squares to serve.
- Garnish with raspberries, if desired.

## Nutrition Facts



### Properties

Glycemic Index:13.17, Glycemic Load:28.14, Inflammation Score:-4, Nutrition Score:7.656956480897%

### Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

### Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 9.32g (14.34%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 42.09g (15.31%), Sugar: 30.69g (34.1%), Cholesterol: 61.17mg (20.39%), Sodium: 42.17mg (1.83%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.7g (7.41%), Manganese: 0.51mg (25.27%), Vitamin C: 19.64mg (23.8%), Fiber: 4.39g (17.56%), Selenium: 8.63µg (12.32%), Folate: 45.89µg (11.47%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.15mg (9.07%), Iron: 1.3mg (7.22%), Vitamin A: 315.36IU (6.31%), Vitamin B3: 1.23mg (6.13%), Vitamin E: 0.88mg (5.85%), Phosphorus: 57.61mg (5.76%), Vitamin K: 5.42µg (5.16%), Magnesium: 18.44mg (4.61%), Vitamin B5: 0.45mg (4.52%), Copper: 0.09mg (4.4%), Potassium: 133.1mg (3.8%), Zinc: 0.51mg (3.41%), Vitamin B6: 0.06mg (3.16%), Calcium: 27.33mg (2.73%), Vitamin D: 0.36µg (2.41%), Vitamin B12: 0.11µg (1.9%)