

Macadamia Lemon Bars

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter melted
- 12 servings powdered sugar
- 2 eggs
- 2 tablespoons flour all-purpose
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 2 tablespoons macadamia nuts chopped

0.3 teaspoon salt

1 cup sugar

Equipment

bowl

oven

whisk

wire rack

baking pan

Directions

Preheat oven to 350°. In a large bowl, mix flour, confectioners' sugar and melted butter until crumbly; stir in nuts. Press onto bottom and 1/2 in. up sides of a greased 8-in.-square baking dish.

Bake 15–20 minutes or until light brown.

Meanwhile, in a small bowl, whisk sugar, flour, baking powder and salt. Beat in eggs, lemon juice and lemon peel until blended.

Pour over hot crust.

Sprinkle with nuts.

Bake 10–15 minutes or until lightly browned. Cool completely on a wire rack.

Cut into bars.

Sprinkle with confectioners' sugar. Refrigerate leftovers.

Nutrition Facts



PROTEIN 2.6% **FAT 44.37%** **CARBS 53.03%**

Properties

Glycemic Index:24.76, Glycemic Load:12.38, Inflammation Score:-2, Nutrition Score:1.788260895273%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 190.9kcal (9.55%), Fat: 9.7g (14.93%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 25.88g (9.41%), Sugar: 24.65g (27.39%), Cholesterol: 47.62mg (15.87%), Sodium: 137.82mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 276.28IU (5.53%), Selenium: 2.98µg (4.26%), Manganese: 0.08mg (4.04%), Vitamin B2: 0.05mg (3%), Phosphorus: 25.17mg (2.52%), Vitamin B1: 0.03mg (2.26%), Vitamin E: 0.31mg (2.07%), Calcium: 18.65mg (1.86%), Vitamin C: 1.42mg (1.72%), Folate: 6.74µg (1.69%), Iron: 0.29mg (1.59%), Vitamin B5: 0.15mg (1.45%), Vitamin B12: 0.08µg (1.36%), Copper: 0.02mg (1.11%)