



Oatmeal-Lemon Crème Bars

READY IN



80 min.

SERVINGS



25

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter cold
- 17.5 oz basic cookie mix
- 1 eggs
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 teaspoons lemon zest grated
- 0.3 cup juice of lemon

Equipment

- bowl

- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. Spray bottom of 8-inch square pan with cooking spray.
- In large bowl, cut butter into cookie mix, using fork or pastry blender. Stir in egg until mixture is crumbly. Press half of cookie mixture into bottom of pan; bake 15 minutes.
- In small bowl, stir condensed milk, lemon peel and lemon juice until thick.
- Spread over baked crust. Crumble remaining cookie mixture over top.
- Bake about 25 minutes longer or until light golden brown. Refrigerate 30 minutes or until set. For bars, cut into 5 rows by 5 rows. Store covered in refrigerator.

Nutrition Facts



PROTEIN 5.24% **FAT 38.85%** **CARBS 55.91%**

Properties

Glycemic Index:4.44, Glycemic Load:5.27, Inflammation Score:-1, Nutrition Score:1.7169564968866%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg 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: 172.97kcal (8.65%), Fat: 7.39g (11.38%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 23.42g (8.52%), Sugar: 18.06g (20.07%), Cholesterol: 21.71mg (7.24%), Sodium: 72.72mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin B2: 0.08mg (4.8%), Calcium: 47.52mg (4.75%), Phosphorus: 44.95mg (4.5%), Selenium: 2.94µg (4.2%), Vitamin A: 165.57IU (3.31%), Potassium: 74.12mg (2.12%), Fiber: 0.53g (2.11%), Vitamin C: 1.56mg (1.9%), Vitamin B12: 0.09µg (1.55%), Vitamin B5: 0.15mg (1.55%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.18mg (1.18%), Magnesium: 4.6mg (1.15%), Vitamin E: 0.15mg (1.02%)