






## Passover Lemon Bars

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



25

CALORIES



154 kcal

DESSERT

### Ingredients

- 1 eggs
- 2 egg whites
- 6 eggs
- 6 ounces ground almonds
- 2 juice of lemon juiced
- 3 tablespoons potato flour
- 1 pinch salt
- 3 cups sugar white

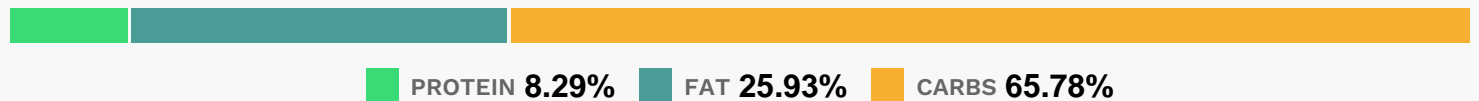
## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- baking pan

## Directions

- Preheat the oven to 400 degrees F (200 degrees C). In a medium bowl, mix together the almonds, 3/4 cup sugar, 1 egg and egg whites.
- Spread evenly in the bottom of a 9x11 inch baking dish.
- Bake for 25 minutes in the preheated oven, or until the top is dry.
- In a medium bowl, whisk together 6 eggs, 3 cups sugar, potato starch and lemon juice until well blended and smooth.
- Pour over the crust, and return to the oven.
- Bake for 30 minutes, or until the center of the bars no longer appears liquid. Cool over a wire rack, and cut into bars while still warm. The lemon topping will now be on the bottom, so invert the pan onto a plate to remove bars, and serve.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:16.75, Inflammation Score:-1, Nutrition Score:1.6526086975051%

## 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: 153.66kcal (7.68%), Fat: 4.63g (7.12%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 25.63g (9.32%), Sugar: 24.35g (27.05%), Cholesterol: 45.83mg (15.28%), Sodium: 23.82mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Selenium: 4.42µg (6.31%), Vitamin B2: 0.07mg (4.25%), Fiber: 0.79g (3.14%), Iron: 0.5mg (2.79%), Phosphorus: 26.56mg (2.66%), Calcium: 22.36mg (2.24%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.11µg (1.86%), Folate: 6.61µg (1.65%), Vitamin D: 0.25µg (1.64%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 66.67IU (1.33%), Vitamin C: 0.97mg (1.17%), Zinc: 0.17mg (1.12%)