



Raspberry-Lemon Squares

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup confectioners' sugar plus 1 to 2 tablespoon
- 2 large eggs
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons juice of lemon fresh
- 1.5 tablespoons lemon zest grated
- 1 cup raspberries fresh cut in half

- 0.3 teaspoon salt
- 0.5 cup butter unsalted softened cut into small pieces

Equipment

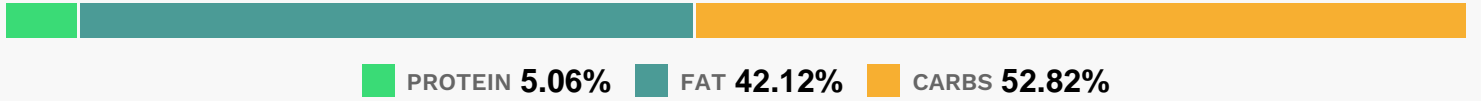
- bowl
- oven
- whisk
- baking pan
- hand mixer
- toothpicks
- aluminum foil
- tart form
- pastry cutter

Directions

- Preheat the oven to 35
- In a medium bowl, mix the flour and 1/4 cup of the confectioners' sugar.
- Add the butter and, using your hands, a pastry cutter, or two knives, mix well until the butter breaks down into small pealike shapes. Press the crust (it will appear dry and crumbly) into the bottom and 1/2 inch up the sides of an 8 x 8 x 2-inch baking pan or a rectangular tart pan with a removable bottom.
- Bake on the middle rack for 20 minutes.
- Meanwhile, in a large bowl, beat the eggs with a whisk or electric mixer. Slowly add the granulated sugar, baking powder, salt, lemon peel, and lemon juice, and beat until light and fluffy, about 5 minutes.
- Remove the crust from the oven.
- Pour the lemon mixture over the crust.
- Bake for another 15 minutes on the middle rack. Scatter the berries over the lemon mixture and bake another 10 to 20 minutes. If the tart begins to brown, cover very loosely with a sheet of aluminum foil. The tart is done when a toothpick inserted in the center comes out clean.

- Remove from oven and let cool. Sift remaining confectioners' sugar on top, if desired.
- How kids can help: Measure ingredients; mix lemon filling; scatter berries on crust; sift confectioners' sugar over cooled tart.

Nutrition Facts



Properties

Glycemic Index:13.15, Glycemic Load:8.8, Inflammation Score:-2, Nutrition Score:2.0982608795166%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 109.01kcal (5.45%), Fat: 5.21g (8.01%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 14.08g (5.12%), Sugar: 9.31g (10.35%), Cholesterol: 30.8mg (10.27%), Sodium: 47.72mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Selenium: 3.78µg (5.4%), Manganese: 0.09mg (4.25%), Folate: 15.58µg (3.89%), Vitamin B1: 0.05mg (3.59%), Vitamin B2: 0.06mg (3.54%), Vitamin A: 171.11IU (3.42%), Vitamin C: 2.73mg (3.31%), Iron: 0.44mg (2.45%), Fiber: 0.61g (2.44%), Phosphorus: 22.12mg (2.21%), Vitamin B3: 0.41mg (2.07%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.33%), Calcium: 13.28mg (1.33%), Vitamin D: 0.19µg (1.23%), Copper: 0.02mg (1.01%)