



Shaker-Style Lemon Bars

 Vegetarian

READY IN



120 min.

SERVINGS



30

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 stick plus 2 tablespoons of butter unsalted
- ☐ 1 large egg yolk (large)
- ☐ 2 large eggs (large)
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large optional: lemon firm scrubbed halved lengthwise (large)

- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted melted

Equipment

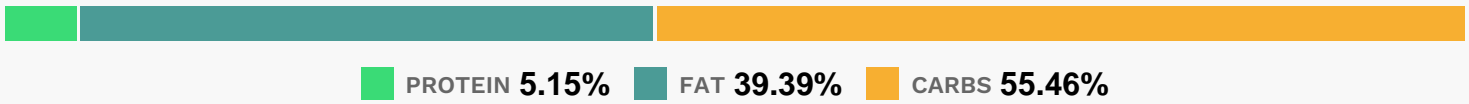
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ mandoline

Directions

- ☐ In a bowl, using an electric mixer, beat the 1 stick plus 2 tablespoons of butter with the sugar and egg yolk until smooth.
- ☐ Add the flour, baking powder and salt and beat at low speed until evenly moistened, about 2 minutes. Using your hands, knead once or twice to bring the dough together.
- ☐ Using a mandoline or very sharp knife, slice the lemon halves as thinly as possible and transfer to a medium bowl; pick out the seeds. Stir in the lemon juice and sugar. Cover with plastic wrap and refrigerate overnight.
- ☐ Butter a 9-inch square metal baking pan. Pat three-fourths of the dough into the baking pan in an even layer.
- ☐ Roll the remaining dough into eight 9-inch-long ropes.
- ☐ Transfer to a plate. Refrigerate the crust and ropes until firm, about 10 minutes.
- ☐ Using an electric mixer, beat the flour, butter and eggs until smooth. Fold in the lemon-sugar mixture.
- ☐ Preheat the oven to 35

- ☐
- Spread the filling over the dough and arrange the ropes of dough on top in a crisscross pattern.
- ☐
- Bake in the lower third of the oven for 40 to 45 minutes, or until the ropes are golden.
- ☐
- Let cool completely.
- ☐
- Run the tip of a knife around the edge of the pan.
- ☐
- Cut the square into 18 bars and serve.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:9.62, Inflammation Score:-1, Nutrition Score:1.7395652156809%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.13kcal (4.91%), Fat: 4.38g (6.74%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.6g (4.95%), Sugar: 8.46g (9.4%), Cholesterol: 28.63mg (9.54%), Sodium: 75.45mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Selenium: 3.74µg (5.34%), Folate: 15.38µg (3.85%), Vitamin B1: 0.06mg (3.81%), Vitamin B2: 0.06mg (3.27%), Vitamin A: 144.45IU (2.89%), Vitamin C: 2.1mg (2.55%), Manganese: 0.05mg (2.44%), Iron: 0.42mg (2.34%), Vitamin B3: 0.41mg (2.04%), Phosphorus: 19.3mg (1.93%), Fiber: 0.28g (1.14%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.1%)