



## Strawberry-Lemon Shortbread Bars

 Vegetarian

READY IN



488 min.

SERVINGS



1

CALORIES



5624 kcal

DESSERT

### Ingredients

- 0.8 cup butter cold
- 16 oz cream cheese softened
- 2 large eggs
- 2 cups flour all-purpose
- 0.8 cup granulated sugar
- 1 tablespoon juice of lemon fresh
- 0.8 teaspoon lemon zest divided
- 0.5 cup powdered sugar

- 1 cup strawberry preserves
- 1 slices garnishes: whipped cream fresh sweetened

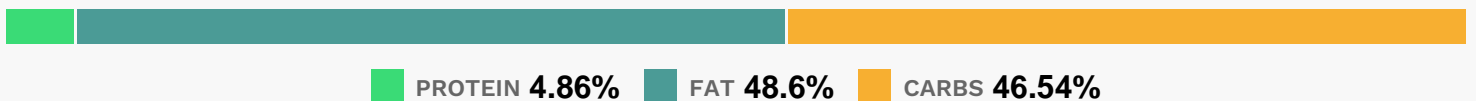
## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- hand mixer

## Directions

- Preheat oven to 35
- Stir together flour, powdered sugar, and 1/2 tsp. lemon zest in a medium bowl; cut in butter with a pastry blender until crumbly. Press mixture onto bottom of a lightly greased 13- x 9- inch pan.
- Bake at 350 for 20 to 22 minutes or until lightly browned.
- Meanwhile, beat cream cheese and granulated sugar with an electric mixer until smooth.
- Add eggs, 1 at a time, and beat just until blended after each addition. Stir in fresh lemon juice and remaining 1/4 tsp. lemon zest, beating well.
- Spread preserves over shortbread.
- Pour cream cheese mixture over preserves, spreading to edges.
- Bake 28 to 32 more minutes or until set.
- Let cool 1 hour on a wire rack. Cover and chill 4 to 8 hours.
- Cut into bars; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:332.09, Glycemic Load:376.4, Inflammation Score:-10, Nutrition Score:60.24173865111%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 5623.94kcal (281.2%), Fat: 307.05g (472.38%), Saturated Fat: 182.83g (1142.69%), Carbohydrates: 661.58g (220.53%), Net Carbohydrates: 650.88g (236.68%), Sugar: 392g (435.56%), Cholesterol: 1196.93mg (398.98%), Sodium: 2777.81mg (120.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.13g (138.27%), Selenium: 164.26µg (234.66%), Vitamin A: 10894.79IU (217.9%), Vitamin B2: 3.1mg (182.09%), Folate: 591.06µg (147.76%), Vitamin B1: 2.17mg (144.97%), Phosphorus: 1061.07mg (106.11%), Manganese: 1.93mg (96.46%), Iron: 15.68mg (87.14%), Vitamin B3: 15.46mg (77.31%), Calcium: 648.36mg (64.84%), Vitamin E: 9.49mg (63.28%), Vitamin B5: 5.5mg (54.96%), Vitamin C: 37.66mg (45.65%), Copper: 0.87mg (43.61%), Fiber: 10.69g (42.78%), Zinc: 5.7mg (38.01%), Potassium: 1330.42mg (38.01%), Vitamin B12: 2.18µg (36.34%), Magnesium: 126.06mg (31.52%), Vitamin B6: 0.62mg (30.85%), Vitamin K: 22.51µg (21.44%), Vitamin D: 2µg (13.36%)