



Strawberry Lemon Shortbread Bars

 Vegetarian

READY IN



380 min.

SERVINGS



48

CALORIES



118 kcal

DESSERT

Ingredients

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

- ☐ 1 cup strawberry jam
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 slices strawberries fresh

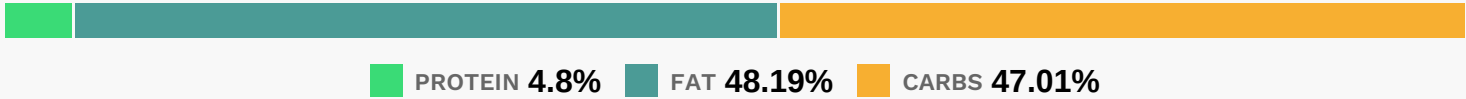
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In bowl, mix flour, powdered sugar and 1/2 teaspoon of the lemon peel.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until crumbly. Press in bottom of pan.
- ☐ Bake 20 to 22 minutes or until light brown. Meanwhile, in bowl, beat cream cheese and granulated sugar with electric mixer on medium speed until smooth. Beat in eggs, one at a time, until blended. Stir in lemon juice and remaining 1/4 teaspoon lemon peel, beating well.
- ☐ Spread preserves over shortbread.
- ☐ Pour cream cheese mixture over preserves, spreading to edges.
- ☐ Bake 28 to 32 minutes or until set. Cool in pan on cooling rack 1 hour. Cover and refrigerate 4 to 8 hours.
- ☐ Cut into 8 rows by 6 rows; garnish with whipped cream and strawberries. Store any remaining bars covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:1.8308695684309%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.86mg, Pelargonidin: 0.86mg, Pelargonidin: 0.86mg, Pelargonidin: 0.86mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 118.18kcal (5.91%), Fat: 6.41g (9.86%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 13.77g (5.01%), Sugar: 8.34g (9.27%), Cholesterol: 24.09mg (8.03%), Sodium: 57.56mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Selenium: 3.36µg (4.8%), Vitamin A: 226.75IU (4.54%), Vitamin B2: 0.06mg (3.78%), Vitamin C: 2.82mg (3.42%), Folate: 13.03µg (3.26%), Vitamin B1: 0.05mg (3.07%), Manganese: 0.05mg (2.67%), Phosphorus: 22.53mg (2.25%), Iron: 0.34mg (1.87%), Vitamin B3: 0.34mg (1.68%), Calcium: 14.03mg (1.4%), Vitamin E: 0.21mg (1.37%), Fiber: 0.29g (1.17%), Vitamin B5: 0.12mg (1.15%)