



The Best Lemon Bars



Vegetarian



Popular

READY IN



55 min.

SERVINGS



15

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 juice of lemon juiced
- ☐ 1.5 cups sugar white

Equipment

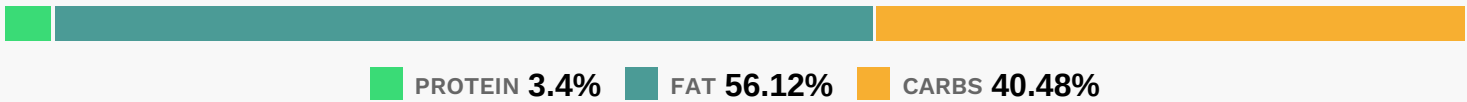
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, blend together softened butter, 2 cups flour and 1/2 cup sugar. Press into the bottom of an ungreased 9x13 inch pan.
- ☐ Bake for 15 to 20 minutes in the preheated oven, or until firm and golden. In another bowl, whisk together the remaining 1 1/2 cups sugar and 1/4 cup flour.
- ☐ Whisk in the eggs and lemon juice.
- ☐ Pour over the baked crust.
- ☐ Bake for an additional 20 minutes in the preheated oven. The bars will firm up as they cool. For a festive tray, make another pan using limes instead of lemons and adding a drop of green food coloring to give a very pale green. After both pans have cooled, cut into uniform 2 inch squares and arrange in a checker board fashion.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:15.12, Inflammation Score:-2, Nutrition Score:2.0869565463584%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.75kcal (10.54%), Fat: 13.48g (20.74%), Saturated Fat: 8.15g (50.94%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.81g (7.93%), Sugar: 20.12g (22.35%), Cholesterol: 76.18mg (25.39%), Sodium: 114.25mg (4.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin A: 441.78IU (8.84%), Selenium: 4.58µg (6.55%), Vitamin B2: 0.07mg (4.32%), Vitamin E: 0.48mg (3.21%), Phosphorus: 29.43mg (2.94%), Folate: 10.58µg (2.65%), Vitamin B12: 0.13µg (2.17%), Vitamin B5: 0.21mg (2.11%), Vitamin C: 1.55mg (1.88%), Iron: 0.32mg (1.77%), Vitamin D: 0.23µg (1.56%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.16%), Calcium: 10.96mg (1.1%), Vitamin K: 1.1µg (1.05%)