



## The Sweet Melissa Baking Book: Toasted Almond Lemon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



357 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup blanched almonds and sliced lightly toasted
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup juice of lemon fresh ( 7 lemons)
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar

- ☐ 20 tablespoons butter unsalted cold cut into 1/4-inch pieces ()

## Equipment

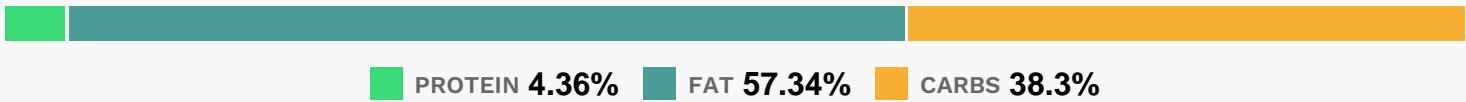
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ To make the crust
- ☐ In the bowl of a food processor fitted with the metal blade, pulse the flour, sugar, almonds, and salt to combine.
- ☐ Add the cold butter in pieces and pulse until the dough comes together in a ball.
- ☐ Turn the dough out into the prepared pan and press evenly into the bottom and 1 1/4 inches up the sides. (This crust, once it is baked, needs to act as a liner in which to pour the liquidy lemon filling. So be sure to do a good job of pressing the dough up the sides—no cracks!) Cover the dough with a piece of parchment paper or aluminum foil, and fill with pie weights (you can use dried beans or uncooked rice as pie weights as well).
- ☐ Bake for 25 to 30 minutes, or until lightly golden. Carefully remove the pie weights and the liner and bake for an additional 10 to 15 minutes, or until the whole crust is golden.
- ☐ Remove to a wire rack to cool.
- ☐ To make the filling
- ☐ In a medium bowl, whisk together the eggs and sugar until smooth.
- ☐ Add the almond extract and flour, and whisk until smooth.
- ☐ Add the lemon juice, and whisk to combine.
- ☐ To complete the bars

- ☐
- Pour the lemon filling into the prepared crust. Reduce the oven temperature to 325°F.
- ☐
- Bake for 30 minutes, or until the filling is firm and lightly golden.
- ☐
- Remove to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:23.24, Inflammation Score:-4, Nutrition Score:5.1834782880286%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg 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: 356.95kcal (17.85%), Fat: 23.43g (36.04%), Saturated Fat: 12.73g (79.55%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 34.5g (12.55%), Sugar: 29.84g (33.16%), Cholesterol: 112.17mg (37.39%), Sodium: 124.68mg (5.42%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 4g (8.01%), Vitamin A: 674.38IU (13.49%), Vitamin E: 1.98mg (13.2%), Selenium: 7.47µg (10.68%), Vitamin B2: 0.15mg (9.11%), Vitamin C: 5.9mg (7.15%), Phosphorus: 70.51mg (7.05%), Manganese: 0.14mg (7.02%), Folate: 23.67µg (5.92%), Magnesium: 18.51mg (4.63%), Vitamin D: 0.68µg (4.56%), Vitamin B1: 0.06mg (4.16%), Iron: 0.74mg (4.09%), Copper: 0.08mg (4.07%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.19µg (3.13%), Calcium: 29.29mg (2.93%), Zinc: 0.44mg (2.92%), Fiber: 0.7g (2.81%), Vitamin B3: 0.53mg (2.63%), Potassium: 85.05mg (2.43%), Vitamin B6: 0.04mg (2.22%), Vitamin K: 1.7µg (1.62%)