

Brown Sugar Lemon Squares

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Servings: 20

CRUST

1 3/4 cups all-purpose flour
2/3 cup light brown sugar
1/4 teaspoon coarse salt
12 tablespoons (1-1/2 sticks frozen
butternut squash

FILLING

3/4 cup fresh lemon juice
1 1/2 cups sugar
3 tablespoons all-purpose flour
4 eggs, beaten

Preheat the oven to 350 degrees.

Combine the flour, sugar and salt. Mix well.

Grate the butter on the large holes of a box grater. Add to the flour mixture. Combine well until the mixture resembles coarse meal. Press into a 13x9-inch baking dish.

Bake for 20 minutes.

Combine the filling ingredients. Whisk well.

Pour over the warm crust and bake for 20 minutes or so until the filling is set. Let cool.

Sprinkle with powdered sugar.

Try grating frozen butter - it makes it super easy to blend with the flavor and sugar.

Per Serving (excluding unknown items): 234 Calories; 1g Fat (4.6% calories from fat); 6g Protein; 54g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 43mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	234	Vitamin B6 (mg):	.2mg
% Calories from Fat:	4.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	86.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	65mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	42mg
Carbohydrate (g):	54g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	43mg
Potassium (mg):	415mg
Calcium (mg):	61mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	8198IU
Vitamin A (r.e.):	829RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 234 **Calories from Fat:** 11

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 42mg	14%
Sodium 43mg	2%
Total Carbohydrates 54g	18%
Dietary Fiber 3g	10%
Protein 6g	
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Vitamin A	164%
Vitamin C	25%
Calcium	6%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.