

Lemon Bars IV

Lynne Gruszka

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 cups flour
1/2 cup confectioner's sugar
1 cup margarine
4 eggs, beaten
2 cups granulated sugar
1/3 cup lemon juice
1/4 cup flour
1/2 teaspoon baking powder

Preheat the oven to 350 degrees.

In a bowl, combine the flour, confectioner's sugar and margarine until the mixture clings together. Press into the bottom of a 13x9x2-inch baking pan.

Bake for 20 to 25 minutes or until lightly browned.

In a bowl, combine the eggs, sugar and lemon juice. Add the flour and baking powder. Stir well. Pour the mixture over the baked crust.

Bake for 25 minutes more.

Sprinkle with additional confectioner's sugar, if desired.

Cool. Cut into bars.

Per Serving (excluding unknown items): 4747 Calories; 205g Fat (38.3% calories from fat); 57g Protein; 685g Carbohydrate; 8g Dietary Fiber; 848mg Cholesterol; 2667mg Sodium. Exchanges: 14 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 38 Fat; 31 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4747	Vitamin B6 (mg):	.5mg
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	57.0%	Thiamin B1 (mg):	2.4mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	2.5mg

Total Fat (g): 205g
Saturated Fat (g): 38g
Monounsaturated Fat (g): 96g
Polyunsaturated Fat (g): 58g
Cholesterol (mg): 848mg
Carbohydrate (g): 685g
Dietary Fiber (g): 8g
Protein (g): 57g
Sodium (mg): 2667mg
Potassium (mg): 774mg
Calcium (mg): 359mg
Iron (mg): 17mg
Zinc (mg): 4mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 9063IU
Vitamin A (r.e.): 2087 1/2RE

Folacin (mcg): 182mcg
Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 14
Lean Meat: 3
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 38
Other Carbohydrates: 31

Nutrition Facts

Amount Per Serving

Calories 4747 **Calories from Fat:** 1818

% Daily Values*

Total Fat	205g	315%
Saturated Fat	38g	191%
Cholesterol	848mg	283%
Sodium	2667mg	111%
Total Carbohydrates	685g	228%
Dietary Fiber	8g	34%
Protein	57g	
Vitamin A		181%
Vitamin C		62%
Calcium		36%
Iron		96%

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