

Lemon Cheese Bars

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Yield: 24 squares

1 package lemon cake mix
1/2 cup margarine, melted
1 egg
8 ounces cream cheese
5 eggs
1 can lemon frosting

Preheat the oven to 350 degrees.

Grease or spray a 13x9-inch pan on the bottom only.

In a bowl, combine the cake mix, margarine and one egg. Mix well. Press into the pan.

In a bowl, blend the cream cheese, two eggs and one-half of the lemon frosting with a mixer. Reserve the remaining half of the frosting to frost the baked bars. Spread the cream cheese mixture over the base.

Bake for 30 minutes.

Cool and frost with the remaining half of the frosting. Cut into squares.

Per Serving (excluding unknown items): 2048 Calories; 200g Fat (87.3% calories from fat); 56g Protein; 9g Carbohydrate; 0g Dietary Fiber; 1521mg Cholesterol; 2156mg Sodium. Exchanges: 7 1/2 Lean Meat; 35 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2048	Vitamin B6 (mg):	.5mg
% Calories from Fat:	87.3%	Vitamin B12 (mcg):	5.0mcg
% Calories from Carbohydrates:	1.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	200g	Folacin (mcg):	175mcg
Saturated Fat (g):	75g	Niacin (mg):	trace

Monounsaturated Fat (g): 78g
Polyunsaturated Fat (g): 34g
Cholesterol (mg): 1521mg
Carbohydrate (g): 9g
Dietary Fiber (g): 0g
Protein (g): 56g
Sodium (mg): 2156mg
Potassium (mg): 721mg
Calcium (mg): 371mg
Iron (mg): 8mg
Zinc (mg): 5mg
Vitamin C (mg): trace
Vitamin A (i.u.): 8736IU
Vitamin A (r.e.): 2298RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 7 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 35
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2048 **Calories from Fat:** 1788

% Daily Values*

Total Fat	200g	307%
Saturated Fat	75g	375%
Cholesterol	1521mg	507%
Sodium	2156mg	90%
Total Carbohydrates	9g	3%
Dietary Fiber	0g	0%
Protein	56g	
<hr/>		
Vitamin A		175%
Vitamin C		0%
Calcium		37%
Iron		46%

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