

Luscious Lemon Bars

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

Yield: 30 bars

*2 1/4 cups all-purpose flour, divided
1/2 cup powdered sugar
1 cup butter or margarine, softened
4 large eggs
2 cups sugar
1/3 cup lemon juice
1/2 teaspoon baking powder
powdered sugar*

Preheat the oven to 350 degrees.

In a bowl, combine two cups of flour and the powdered sugar. Cut the butter into the flour mixture with a pastry blender until crumbly. Firmly press the mixture into a lightly greased 13x9-inch pan.

Bake for 20 to 25 minutes or until lightly browned.

In a large bowl, whisk the eggs. Whisk in the sugar and lemon juice.

In a bowl, combine the remaining flour and baking powder. Whisk into the egg mixture. Pour the batter over the crust.

Bake for 25 minutes or until set.

Let cool completely on a wire rack.

Cut into bars and sprinkle evenly with additional powdered sugar.

Per Serving (excluding unknown items): 4749 Calories; 207g Fat (38.6% calories from fat); 56g Protein; 683g Carbohydrate; 8g Dietary Fiber; 1345mg Cholesterol; 2408mg Sodium. Exchanges: 14 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 38 1/2 Fat; 31 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat: 38.6%
% Calories from Carbohydrates: 56.7%
% Calories from Protein: 4.7%
Total Fat (g): 207g
Saturated Fat (g): 121g
Monounsaturated Fat (g): 61g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 1345mg
Carbohydrate (g): 683g
Dietary Fiber (g): 8g
Protein (g): 56g
Sodium (mg): 2408mg
Potassium (mg): 737mg
Calcium (mg): 346mg
Iron (mg): 18mg
Zinc (mg): 4mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 7928IU
Vitamin A (r.e.): 1998 1/2RE

Vitamin B12 (mcg): 2.9mcg
Thiamin B1 (mg): 2.4mg
Riboflavin B2 (mg): 2.5mg
Folacin (mcg): 546mcg
Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 4749 **Calories from Fat:** 1833

% Daily Values*

Total Fat	207g	318%
Saturated Fat	121g	606%
Cholesterol	1345mg	448%
Sodium	2408mg	100%
Total Carbohydrates	683g	228%
Dietary Fiber	8g	32%
Protein	56g	
Vitamin A		159%
Vitamin C		62%
Calcium		35%
Iron		98%

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