

Macadamia Lemon Bars

Edie Despain - Logan, UT

Taste of Home Magazine - Feb/Mar 2014

Yield: 1 dozen bars

1 cup all-purpose flour
1/4 cup confectioner's sugar
1/2 cup butter, melted
1/4 cup chopped macadamia nuts
FILLING
1 cup sugar
2 tablespoons all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
2 eggs
2 tablespoons lemon juice
2 teaspoons grated lemon peel
2 tablespoons chopped macadamia nuts
confectioner's sugar

Preparation Time: 25 minutes

Bake: 10 minutes

Preheat the oven to 350 degrees.

In a large bowl, mix the flour, confectioner's sugar and melted butter until crumbly. Stir in the nuts. Press onto the bottom and one-half inch up the sides of a greased eight-inch-square baking dish.

Bake for 15 to 20 minutes or until light brown.

Meanwhile, in a small bowl, whisk the sugar, flour, baking powder and salt. Beat in the eggs, lemon juice and lemon peel until blended.

Pour over hot crust. Sprinkle with the nuts. Bake for 10 to 15 minutes or until lightly browned.

Cool completely on a wire rack. Cut into bars. Sprinkle with confectioner's sugar.

Refrigerate leftovers.

Per Serving (excluding unknown items): 2728 Calories; 140g Fat (45.3% calories from fat); 32g Protein; 349g Carbohydrate; 9g Dietary Fiber; 672mg Cholesterol; 1862mg Sodium. Exchanges: 7 1/2 Grain(Starch); 2 Lean Meat; 0 Fruit; 26 1/2 Fat; 15 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	45.3%
% Calories from Carbohydrates:	50.0%
% Calories from Protein:	4.7%
Total Fat (g):	140g
Saturated Fat (g):	66g
Monounsaturated Fat (g):	60g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	672mg
Carbohydrate (g):	349g
Dietary Fiber (g):	9g
Protein (g):	32g
Sodium (mg):	1862mg
Potassium (mg):	548mg
Calcium (mg):	284mg
Iron (mg):	10mg
Zinc (mg):	3mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	3964IU
Vitamin A (r.e.):	999RE

Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	1.4mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	280mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	7 1/2
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	26 1/2
Other Carbohydrates:	15 1/2

Nutrition Facts

Amount Per Serving

Calories 2728 Calories from Fat: 1236

% Daily Values*

Total Fat 140g	216%
Saturated Fat 66g	331%
Cholesterol 672mg	224%
Sodium 1862mg	78%
Total Carbohydrates 349g	116%
Dietary Fiber 9g	36%
Protein 32g	
Vitamin A	79%
Vitamin C	32%
Calcium	28%
Iron	57%

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