

LEMON SQUARES

INGREDIENTS

1 cup all-purpose flour

½ cup unsalted butter

¼ cup powdered sugar

2 large eggs

1 cup white sugar

2 tablespoons all-purpose flour

½ cup lemon juice

PREPARATION

- 1** Preheat oven to 350°F. Spray 8×8-inch square baking pan with non-stick cooking spray.
- 2** To make the shortbread crust, in a mixing bowl, add the first amount of flour, butter and powdered sugar. Mix to combine.
- 3** Press crust mixture firmly in the bottom of the baking pan. Bake 20 minutes. Remove from oven.
- 4** In a mixing bowl, immediately before baking, whisk together the eggs, sugar, and flour. Add the lemon juice and continue to whisk*.
- 5** Pour lemon mixture over warm baked shortbread crust.
- 6** Bake 20–25 minutes until lemon custard is set and reaches an internal temperature of 160°F. Remove from oven and cool.
- 7** Cover and refrigerate.
- 8** Cut into 16 pieces before serving.

* Do not prepare the lemon mixture in advance.



LEMON SQUARES



Nutrient Analysis	
PER SERVING	
1/2 of recipe	
Renal/Diabetic exchanges:	
1 1/2 Starch + 1 Fat	
Calories	133Kcal
Protein	2g
Total Carbohydrate	22g
Fiber	0g
Sugars	15g
Fat	5g
Saturated	3g
Cholesterol	31mg
Sodium	12mg
Potassium	31mg
Phosphorus	25mg
Calcium	9mg
Iron	0mg
Magnesium	4mg
Vitamin C	3mg

PLEASE NOTE: Always watch for saturated fat content in desserts. Moderation is key!

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK

Reducing Potassium Content In Recipes

Monitoring how much potassium you eat is an important part of your kidney diet. The daily amount will depend on your labs and stage of chronic kidney disease. Selecting low-potassium ingredients for recipes not only decreases the amount of potassium in your diet but also limits the potassium your kidneys need to filter. Plan ahead when grocery shopping and know which foods are best for you and which options are lower in potassium. This will make it easier to stick to your kidney-friendly diet.

- For breakfast, choose cereals or egg dishes that are lower in potassium.
- At lunch, top sandwiches with lower-potassium vegetables such as onions and bell peppers in place of tomatoes.
- When making soups that are broth-based, select lower-sodium versions that do not use potassium chloride as a salt replacement.
- Dinner can also include many lower-potassium choices of meats, salads and rice or noodle dishes. Avoid high-potassium sauces and when seasoning, select garlic, herbs and pepper.
- For snacks, choose lower-potassium fruits and vegetables such as a small apple or a handful of carrots.

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