



DANIEL

My French Cuisine

Buddha's Hand Citron Confit From 'Daniel

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



3

CALORIES



199 kcal

SIDE DISH

Ingredients

- 1 small citron
- 0.8 cup sugar

Equipment

- sauce pan
- knife
- mandoline

Directions

- With a small knife, trim the fingers from the citron and cut the remaining base into 4 wedges. Using a sharp mandoline, thinly slice all pieces widthwise.
- Transfer the slices to a medium saucepan and cover with cold water. Bring to a simmer, strain, and repeat the process twice. Strain and add the sugar with 2 cups of water. Simmer for 1 minute, stirring to dissolve the sugar.
- Remove from the heat and store, chilled, in the syrup.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.59086956877423%

Nutrients (% of daily need)

Calories: 199.2kcal (9.96%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 51.45g (18.71%), Sugar: 50.24g (55.82%), Cholesterol: 0mg (0%), Sodium: 0.83mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin C: 6.41mg (7.77%), Fiber: 0.67g (2.68%)