



Candied Citrus Peel

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- 0.5 cup lime ()
- 0.5 cup lemon zest ()
- 0.5 cup lime zest ()
- 0.5 cup orange zest ()
- 1 cup sugar
- 6 servings sugar
- 0.5 cup water

Equipment

sauce pan

wire rack

Directions

- Combine citrus peel and cold water to cover in a small saucepan; slowly bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally.
- Drain. Repeat boiling and draining procedure 3 times.
- Combine 1 cup sugar and water in a small saucepan; bring mixture to a boil.
- Add peel. Reduce heat; simmer, stirring frequently, 20 minutes or until liquid is almost absorbed and peel becomes translucent.
- Drain well.
- Roll peel, a few pieces at a time, in additional sugar. Arrange in a single layer on a wire rack; let dry 8 hours. Store in an airtight container.
- Note: Citrus Peel may be used in baking or stored in airtight tins as a confection.

Nutrition Facts

PROTEIN 0.81% **FAT 0.98%** **CARBS 98.21%**

Properties

Glycemic Index:28.7, Glycemic Load:31.84, Inflammation Score:-2, Nutrition Score:3.2013042820213%

Flavonoids

Hesperetin: 3.44mg, Hesperetin: 3.44mg, Hesperetin: 3.44mg, Hesperetin: 3.44mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 192.21kcal (9.61%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 47.78g (17.38%), Sugar: 46.05g (51.16%), Cholesterol: 0mg (0%), Sodium: 2.8mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin C: 33.85mg (41.03%), Fiber: 2.77g (11.07%), Calcium: 38mg (3.8%), Vitamin B6: 0.05mg (2.25%), Vitamin B2: 0.03mg (1.78%), Copper: 0.03mg (1.68%), Potassium: 51.63mg (1.48%), Iron: 0.26mg (1.46%), Vitamin B1: 0.02mg (1.44%), Folate: 5.12µg (1.28%), Magnesium: 4.84mg (1.21%), Vitamin B5: 0.11mg (1.08%)