



Candied Citrus Peels



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



10

CALORIES



299 kcal

SIDE DISH

Ingredients



1 grapefruit



2 optional: lemon



2 cranberry-orange relish



3.5 cups sugar divided

Equipment



bowl



frying pan



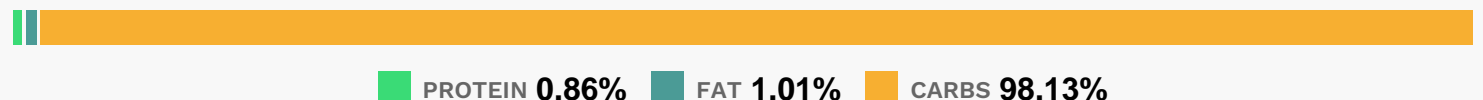
baking sheet

- ☐ sauce pan
- ☐ knife
- ☐ wire rack

Directions

- ☐ Score grapefruit, oranges, and lemons through peel from top to bottom in 6 sections for grapefruit and 4 for oranges and lemons (don't cut into fruit.) Pull off strips of peel with your fingers. Slide a small, sharp knife along inside of peels to remove excess membrane so peels are about 1/4 in. thick.
- ☐ Cut peels lengthwise into strips about 1/2 in. wide in center and tapered on ends.
- ☐ Put peels in a 3- to 4-qt. saucepan and add cold water to cover. Bring to a boil, then drain. Repeat twice more.
- ☐ Refill pan with 2 1/2 cups water and 2 1/2 cups sugar; bring to a boil, making sure that sugar dissolves.
- ☐ Add peels and bring to a boil, then reduce heat and simmer gently, stirring occasionally, until peels turn translucent and syrup begins to form bigger bubbles, about 1 1/2 hours.
- ☐ Drain peels, saving syrup for other uses (such as topping pancakes) if you like.
- ☐ Spread peels on a nonreactive cooling rack set on a parchment-lined baking sheet.
- ☐ Let peels dry overnight.
- ☐ Put remaining 1 cup sugar in a bowl and toss peels in sugar by the handful, shaking off excess. Put peels on a clean baking sheet and let them dry 1 more day.
- ☐ Serve peels plain or dipped in chocolate.*
- ☐ *Melt 10 oz. chopped bittersweet or semisweet chocolate in a small pan over barely simmering water. Dip peels halfway into chocolate; set on baking sheets lined with waxed paper. Chill until set, about 30 minutes.
- ☐ Make ahead: Up to 3 months, chilled airtight.
- ☐ Box it: Crystal clear boxes, from \$2 5/25; clearbags.com

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:50.86, Inflammation Score:-4, Nutrition Score:3.5469565469286%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 13.26mg, Hesperetin: 13.26mg, Hesperetin: 13.26mg, Hesperetin: 13.26mg Naringenin: 12.49mg, Naringenin: 12.49mg, Naringenin: 12.49mg, Naringenin: 12.49mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 298.83kcal (14.94%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 77.56g (25.85%), Net Carbohydrates: 75.92g (27.61%), Sugar: 74.61g (82.9%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 33.37mg (40.45%), Vitamin A: 358.1IU (7.16%), Fiber: 1.64g (6.57%), Folate: 13.56µg (3.39%), Potassium: 113.19mg (3.23%), Vitamin B1: 0.04mg (2.83%), Vitamin B6: 0.05mg (2.33%), Calcium: 22.43mg (2.24%), Vitamin B2: 0.04mg (2.12%), Vitamin B5: 0.17mg (1.74%), Magnesium: 6.65mg (1.66%), Copper: 0.03mg (1.64%), Phosphorus: 11.73mg (1.17%), Iron: 0.21mg (1.17%), Manganese: 0.02mg (1.07%)