

flour, too

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INDISPENSABLE RECIPES for
THE CAFÉ'S MOST LOVED
SWEETS & SAVORIES

Photography by Michael Heller Tuttle



Candied Lemon from 'Flour, Too

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- 100 grams granulated sugar
- 1 optional: lemon unpeeled sliced

Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan, combine the lemon slices, sugar, and 1 1/2 cups (360 ml) water and bring to a boil over high heat. Reduce the heat and simmer uncovered, stirring occasionally, for about 1 hour, or until the lemon slices are translucent.
- Remove the pan from the heat and let the slices cool completely in the syrup. The candied lemon can be made up to 2 weeks in advance and stored in an airtight container in the fridge.

Nutrition Facts

PROTEIN 1.06% **FAT 1.29%** **CARBS 97.65%**

Properties

Glycemic Index:23.9, Glycemic Load:17.9, Inflammation Score:-1, Nutrition Score:1.2973913291226%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 104.08kcal (5.2%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 26.66g (9.69%), Sugar: 25.63g (28.47%), Cholesterol: 0mg (0%), Sodium: 0.79mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 14.31mg (17.35%), Fiber: 0.76g (3.02%), Potassium: 37.76mg (1.08%), Vitamin B6: 0.02mg (1.08%)