



Candied Lemon Peel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1280 kcal

SIDE DISH

Ingredients



4 large lemons



1.5 cups sugar divided



0.5 cup water

Equipment



paper towels



sauce pan



wire rack



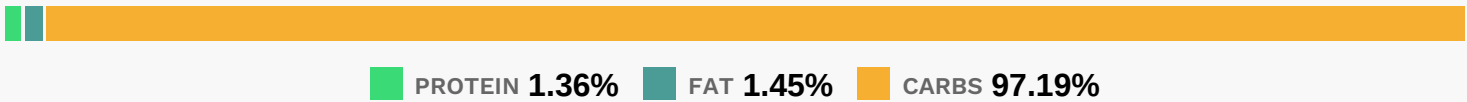
skewers

☐ candy thermometer

Directions

- ☐ Peel lemons, and scrape white pith from rind. (Reserve lemons for other uses.)
- ☐ Cut rind into 1/4-inch strips.
- ☐ Simmer lemon peels in salted water to cover 20 minutes.
- ☐ Drain. Rinse with cold water, and drain on paper towels.
- ☐ Combine 1 cup sugar and 1/2 cup water in a heavy saucepan. Bring to a boil over medium heat, and stir constantly until sugar dissolves. Cook until syrup registers 234 (soft ball stage) on a candy thermometer (about 5 minutes).
- ☐ Add lemon peel. Cook, stirring occasionally, 15 to 20 minutes. If lemon peel begins to brown, immediately remove from heat.
- ☐ Remove peels from syrup with a wooden skewer, one piece at a time, and roll in remaining 1/2 cup sugar. (Candy is very hot; do not touch.) Arrange in a single layer on a wire rack, and dry 4 to 5 hours. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:95.59, Glycemic Load:216.61, Inflammation Score:-8, Nutrition Score:12.973043560982%

Flavonoids

Eriodictyol: 92.28mg, Eriodictyol: 92.28mg, Eriodictyol: 92.28mg, Eriodictyol: 92.28mg Hesperetin: 120.53mg, Hesperetin: 120.53mg, Hesperetin: 120.53mg, Hesperetin: 120.53mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg Luteolin: 8.21mg, Luteolin: 8.21mg, Luteolin: 8.21mg, Luteolin: 8.21mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 1280.28kcal (64.01%), Fat: 2.26g (3.47%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 339.06g (113.02%), Net Carbohydrates: 326.97g (118.9%), Sugar: 310.2g (344.67%), Cholesterol: 0mg (0%), Sodium: 17.55mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin C: 228.96mg (277.53%), Fiber: 12.1g (48.38%), Vitamin B6: 0.35mg (17.28%), Potassium: 602.16mg (17.2%), Iron: 2.74mg (15.23%), Calcium: 118.87mg

(11.89%), Folate: 47.52µg (11.88%), Vitamin B1: 0.17mg (11.52%), Copper: 0.2mg (9.99%), Magnesium: 35.74mg (8.94%), Vitamin B2: 0.14mg (8.44%), Vitamin B5: 0.82mg (8.21%), Manganese: 0.14mg (7.08%), Phosphorus: 69.12mg (6.91%), Selenium: 3.53µg (5.04%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.43mg (2.16%), Zinc: 0.3mg (2.01%), Vitamin A: 95.04IU (1.9%)