

Candied Lemons

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



15

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups granulated sugar
- 2 medium optional: lemon
- 4 cups water

Equipment

- sauce pan
- wire rack
- slotted spoon

Directions

- Cut lemons into 1/8-inch-thick slices; discard seeds. Stir together water and sugar in a large, heavy saucepan. Bring to a light boil, stirring just until sugar dissolves.
- Add lemons; reduce heat to medium-low. Gently simmer 45 minutes or until rinds are very soft and lemons are translucent, turning lemons every 15 minutes.
- Remove with a slotted spoon, and place in a single layer on a wire rack. Cool completely.

Nutrition Facts

PROTEIN 0.56% **FAT 1.02%** **CARBS 98.42%**

Properties

Glycemic Index:6.37, Glycemic Load:18.86, Inflammation Score:-1, Nutrition Score:0.7473913040822%

Flavonoids

Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 106.84kcal (5.34%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27.5g (10%), Sugar: 26.97g (29.97%), Cholesterol: 0mg (0%), Sodium: 3.71mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 7.63mg (9.25%), Fiber: 0.4g (1.61%)