



Candied Meyer Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



1

CALORIES



1219 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons plus light
- ☐ 1 pound lemon zest
- ☐ 1.3 cups sugar

Equipment

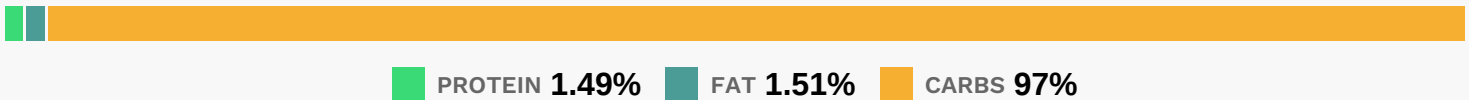
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ serrated knife

☐ glass baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Squeeze enough lemons to make 1/4 cup juice. Slice remaining lemons very evenly 1/8 to 1/4 in. thick, using a thin serrated knife. Discard seeds and end pieces.
- ☐ Layer slices in an 8- or 9-in. square glass baking dish.
- ☐ Meanwhile, bring 1 1/2 cups water, the sugar, and corn syrup to a boil in a small covered saucepan. Reduce heat to medium and boil 1 minute.
- ☐ Remove from heat and stir in lemon juice.
- ☐ Pour over fruit and cover dish tightly with foil.
- ☐ Bake until fruit is tender and somewhat translucent but still keeps its shape, 50 to 55 minutes. Uncover and bake until syrup reduces by a third, about 30 minutes.
- ☐ Let cool to room temperature, then use or chill, covered. Lift out slices with a fork and drain to use.
- ☐ Make ahead: Up to 3 days, chilled.

Nutrition Facts



Properties

Glycemic Index:114.59, Glycemic Load:188.49, Inflammation Score:-8, Nutrition Score:13.422608748726%

Flavonoids

Eriodictyol: 96.89mg, Eriodictyol: 96.89mg, Eriodictyol: 96.89mg, Eriodictyol: 96.89mg Hesperetin: 126.55mg, Hesperetin: 126.55mg, Hesperetin: 126.55mg, Hesperetin: 126.55mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 8.62mg, Luteolin: 8.62mg, Luteolin: 8.62mg, Luteolin: 8.62mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 1218.56kcal (60.93%), Fat: 2.25g (3.46%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 325.07g (108.36%), Net Carbohydrates: 312.37g (113.59%), Sugar: 294.63g (327.37%), Cholesterol: 0mg (0%), Sodium: 38.85mg

(1.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin C: 240.4mg (291.4%), Fiber: 12.7g (50.8%), Vitamin B6: 0.36mg (18.14%), Potassium: 631.4mg (18.04%), Iron: 2.85mg (15.81%), Vitamin B1: 0.21mg (13.83%), Calcium: 126.15mg (12.62%), Folate: 49.9µg (12.47%), Copper: 0.19mg (9.27%), Magnesium: 36.73mg (9.18%), Vitamin B5: 0.86mg (8.62%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.15mg (7.3%), Phosphorus: 72.57mg (7.26%), Selenium: 3.62µg (5.17%), Vitamin E: 0.68mg (4.54%), Zinc: 0.49mg (3.27%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 99.79IU (2%)