



Fresh Preserved Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

Ingredients



0.5 cup juice of lemon fresh 3 lemons



4 medium lemons



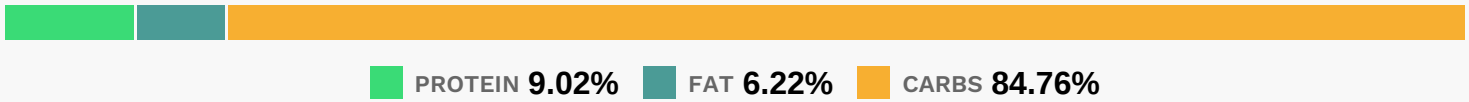
5 tablespoons sea salt divided fine-grain

Equipment

Directions

- ☐ Cut lemons lengthwise into quarters from the top to within 1/2 inch of bottom, without separating quarters.
- ☐ Sprinkle 1 tablespoon of salt into a clean 1-quart jar; pack lemons into jar. Cover with lid, and shake; freeze 8 hours.
- ☐ Sprinkle lemons with remaining 4 tablespoons salt; cover with lid, and shake to coat.
- ☐ Remove lid, and press lemons to release juices.
- ☐ Add 1/2 cup lemon juice to cover lemons. Cover with lid; refrigerate 6 days, shaking jar each day. Store in refrigerator up to 6 months.
- ☐ Note: Preserved lemons may have a white film; rinse under cold water prior to using. The quarters can be used with or without pulp. Lemons will darken during storage.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:6.0869566228079%

Flavonoids

Eriodictyol: 24.56mg, Eriodictyol: 24.56mg, Eriodictyol: 24.56mg, Eriodictyol: 24.56mg Hesperetin: 34.55mg, Hesperetin: 34.55mg, Hesperetin: 34.55mg, Hesperetin: 34.55mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 38.03kcal (1.9%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 9.05g (3.29%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 8723.01mg (379.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin C: 69.04mg (83.69%), Fiber: 3.12g (12.46%), Potassium: 182.26mg (5.21%), Vitamin B6: 0.1mg (5.02%), Folate: 17.98µg (4.49%), Iron: 0.75mg (4.15%), Calcium: 35.31mg (3.53%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.06mg (2.93%), Magnesium: 10.69mg (2.67%), Copper: 0.05mg (2.58%), Vitamin B5: 0.25mg (2.45%), Phosphorus: 19.72mg (1.97%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.21mg (1.38%)