



Lemon Confit

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 1 garlic clove
- 4 lemons
- 0.5 cup olive oil
- 1 pinch salt

Equipment

- sauce pan
- peeler

Directions

- Using vegetable peeler, remove peel (yellow part only) from lemons in long strips. Squeeze 6 tablespoons juice from lemons. Blanch peel in small saucepan of boiling water 10 seconds; drain. Repeat twice. Bring 6 tablespoons lemon juice, olive oil, canola oil, garlic, and pinch of salt to simmer in small saucepan.
- Add lemon peel and simmer over low heat until peel is soft, about 1 hour. Cool. DO AHEAD: Can be made 1 month ahead. Keep chilled and completely covered in oil. Always use clean fork to remove lemon.

Nutrition Facts

 **PROTEIN 2.21%**  **FAT 79.35%**  **CARBS 18.44%**

Properties

Glycemic Index:13.88, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:6.6552172964034%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg 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: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 19.73g (30.35%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 7.27g (2.65%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 12.09mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin C: 57.47mg (69.67%), Vitamin E: 3.39mg (22.6%), Vitamin K: 13.25µg (12.61%), Fiber: 3.04g (12.16%), Vitamin B6: 0.1mg (4.79%), Potassium: 152.1mg (4.35%), Iron: 0.69mg (3.84%), Vitamin B1: 0.04mg (2.98%), Folate: 11.9µg (2.98%), Calcium: 29.5mg (2.95%), Manganese: 0.05mg (2.25%), Magnesium: 8.83mg (2.21%), Copper: 0.04mg (2.11%), Vitamin B5: 0.21mg (2.1%), Phosphorus: 18.43mg (1.84%), Vitamin B2: 0.02mg (1.32%)