



Limoncillo



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1837 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 lemon leaves
- ☐ 8 peel from lemons yellow cut into wide strips (part only)
- ☐ 2 cups sugar
- ☐ 750 milliliter vodka

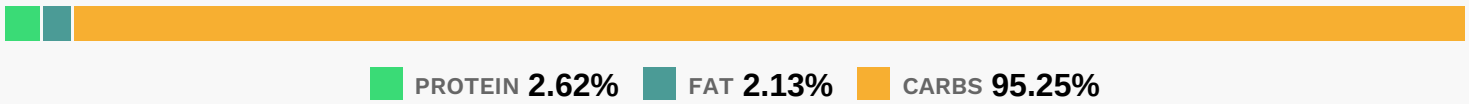
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In large glass jar or bottle, combine vodka and lemon peel. Seal and let stand in cool, dark place 1 week.
- ☐ If using lemon leaves, in medium saucepan, bring 4 cups water to boil.
- ☐ Add leaves and blanch 10 seconds, then drain and rinse under cold running water. Pat dry.
- ☐ In medium saucepan, whisk together 2 cups water and sugar. Bring to boil over high heat, then boil, uncovered, 15 seconds. Measure 750 milliliters of syrup (reserve remainder for another use) and stir into vodka mixture. Strain mixture, discarding lemon peel, and pour into decorative bottles. If using lemon leaves, tuck 2 into each bottle. Seal bottles with stoppers or corks and label with year.
- ☐ Limoncillo will keep, chilled, at least 1 year.

Nutrition Facts



Properties

Glycemic Index:68.05, Glycemic Load:150.39, Inflammation Score:-10, Nutrition Score:17.150434898294%

Flavonoids

Eriodictyol: 138.41mg, Eriodictyol: 138.41mg, Eriodictyol: 138.41mg, Eriodictyol: 138.41mg Hesperetin: 180.79mg, Hesperetin: 180.79mg, Hesperetin: 180.79mg, Hesperetin: 180.79mg Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg Luteolin: 12.31mg, Luteolin: 12.31mg, Luteolin: 12.31mg, Luteolin: 12.31mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 3.24mg, Myricetin: 3.24mg, Myricetin: 3.24mg, Myricetin: 3.24mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 1836.66kcal (91.83%), Fat: 2.58g (3.98%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 259.59g (86.53%), Net Carbohydrates: 241.45g (87.8%), Sugar: 215.8g (239.78%), Cholesterol: 0mg (0%), Sodium: 18.76mg (0.82%), Alcohol: 127.06g (100%), Alcohol %: 13.11% (100%), Protein: 7.13g (14.26%), Vitamin C: 343.44mg (416.29%), Fiber: 18.14g (72.58%), Vitamin B6: 0.52mg (25.92%), Potassium: 902.04mg (25.77%), Iron: 4.03mg (22.37%), Vitamin B1: 0.28mg (18.55%), Folate: 71.28µg (17.82%), Calcium: 170.48mg (17.05%), Copper: 0.29mg (14.59%), Magnesium: 51.84mg (12.96%), Vitamin B5: 1.23mg (12.31%), Phosphorus: 122.7mg (12.27%), Vitamin B2: 0.19mg (11.43%), Manganese: 0.2mg (10.12%), Vitamin E: 0.97mg (6.48%), Selenium: 3.79µg (5.42%), Vitamin B3: 0.65mg (3.24%), Vitamin A: 142.56IU (2.85%), Zinc: 0.41mg (2.73%)