



Mandarinquat & Meyer Lemon Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



40

CALORIES



58 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cup sugar
- ☐ 1 quart water
- ☐ 1.5 pound mandarinquats dried washed
- ☐ 1.5 pound mandarinquats dried washed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ candy thermometer

Directions

- ☐ Working over a bowl cut all the fruit in half and remove the seeds. Then slice the mandarinequats, peels and all into ¼-inch strips allowing the peels, pulp, and juice to collect in the bowl. Repeat the process with the Meyer lemon, but slice its strips at 1/8-inch. Discard all seeds.Bring fruit, peels, juice, water and cinnamon sticks to a boil in a large saucepan. Cook for 5 minutes. Turn off heat, cover, and let cool. Refrigerate overnight.The next day uncover the citrus mixture, and bring to a simmer over medium-high heat. Cook until thickest peel is tender, about 20 minutes.
- ☐ Add 3/4 cup sugar.and bring mixture to a boil, stirring often. Cook until it registers 220 degrees on a candy thermometer, about 20 minutes.
- ☐ Remove the pan from the heat and let it cool about 15 minutes then transfer the marmalade to an airtight container.
- ☐ Remove the cinnamon sticks pieces and cover, letting it come to completely cool at room temperature. Refrigerate overnight before serving. Marmalade will keep, covered and refrigerated, for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:10.47, Inflammation Score:1, Nutrition Score:0.034782608323123%

Nutrients (% of daily need)

Calories: 57.75kcal (2.89%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.94g (5.43%), Sugar: 14.97g (16.63%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)