



Meyer Lemon and Vanilla Bean Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1103 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.3 pounds meyer lemons
- ☐ 1 pinch salt
- ☐ 5.5 cups sugar ()
- ☐ 1 vanilla pod split
- ☐ 5 cups water

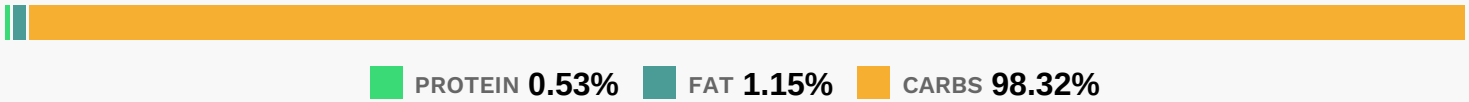
Equipment

- ☐ pot
- ☐ candy thermometer

Directions

- ☐ Working on large plate to catch juice, cut lemons in half lengthwise, then very thinly crosswise. Discard seeds. Pack enough lemons and any juice to measure 2 1/2 cups.
- ☐ Transfer to large nonreactive pot.
- ☐ Add 5 cups water; bring to boil. Reduce heat to medium; simmer 10 minutes.
- ☐ Remove from heat; let stand uncovered overnight.
- ☐ Measure lemon mixture (there should be about 5 1/2 cups). Return to same pot.
- ☐ Add equal amount of sugar (about 5 1/2 cups). Scrape in seeds from vanilla bean; add bean.
- ☐ Add pinch of salt. Bring to boil, stirring until sugar dissolves. Attach clip-on candy thermometer. Maintaining active boil and adjusting heat to prevent boiling over, cook until temperature reaches 230°F, stirring occasionally, about 30 minutes. Cool to room temperature.
- ☐ Transfer to jars. Cover and chill. (Can be made 2 weeks ahead. Keep refrigerated. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:194.34, Inflammation Score:-3, Nutrition Score:7.1804346571798%

Flavonoids

Eriodictyol: 30.28mg, Eriodictyol: 30.28mg, Eriodictyol: 30.28mg, Eriodictyol: 30.28mg Hesperetin: 39.55mg, Hesperetin: 39.55mg, Hesperetin: 39.55mg, Hesperetin: 39.55mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 1102.79kcal (55.14%), Fat: 1.49g (2.3%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 287.42g (95.81%), Net Carbohydrates: 283.45g (103.07%), Sugar: 277.99g (308.88%), Cholesterol: 0mg (0%), Sodium: 30.06mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 75.13mg (91.06%), Fiber: 3.97g (15.88%), Copper: 0.12mg (5.95%), Potassium: 201.11mg (5.75%), Vitamin B6: 0.11mg (5.67%), Iron: 0.99mg (5.49%),

Calcium: 48.48mg (4.85%), Vitamin B2: 0.08mg (4.74%), Folate: 15.59µg (3.9%), Vitamin B1: 0.06mg (3.78%),
Magnesium: 14.3mg (3.57%), Selenium: 2.22µg (3.17%), Vitamin B5: 0.27mg (2.69%), Manganese: 0.05mg (2.68%),
Phosphorus: 22.68mg (2.27%), Vitamin E: 0.21mg (1.42%)