



## Meyer Lemon Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



65

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

### Ingredients



1.5 pounds lemon zest



4 cups sugar



4 cups water



6 jars frangelico (1/2-pint)



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### Equipment



ladle



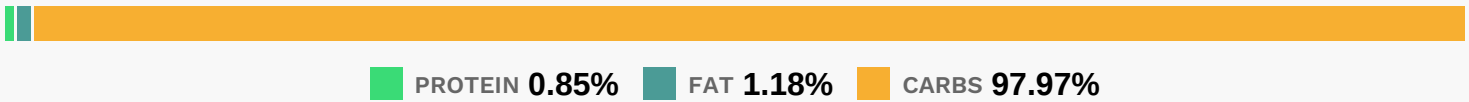
pot

- ☐ tongs
- ☐ cheesecloth

## Directions

- ☐ Halve lemons crosswise and remove seeds. Tie seeds in a cheesecloth bag. Quarter each lemon half and thinly slice.
- ☐ Combine with bag of seeds and water in a 5-quart nonreactive heavy pot and let mixture stand, covered, at room temperature 24 hours.
- ☐ Bring lemon mixture to a boil over moderate heat. Reduce heat and simmer, uncovered, until reduced to 4 cups, about 45 minutes. Stir in sugar and boil over moderate heat, stirring occasionally and skimming off any foam, until a teaspoon of mixture dropped on a cold plate gels, about 15 minutes.
- ☐ Ladle hot marmalade into jars, filling to within 1/4 inch of top. Wipe rims with dampened cloth and seal jars with lids.
- ☐ Put jars in a water-bath canner or on a rack set in a deep pot.
- ☐ Add enough hot water to cover jars by 1 inch and bring to a boil. Boil jars, covered, 5 minutes and transfer with tongs to a rack. Cool jars completely.
- ☐ • Marmalade keeps, stored in a cool, dark place, up to 1 year.

## Nutrition Facts



## Properties

Glycemic Index:1.47, Glycemic Load:8.77, Inflammation Score:-1, Nutrition Score:0.51521737922145%

## Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.94g (4.71%), Sugar: 12.54g (13.94%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin C: 5.55mg (6.72%), Fiber: 0.29g (1.17%)