



Moroccan Preserved Lemons

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



82 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.5 pounds lemons (preferably Meyer lemons)
- ☐ 0.3 cup unrefined sea salt

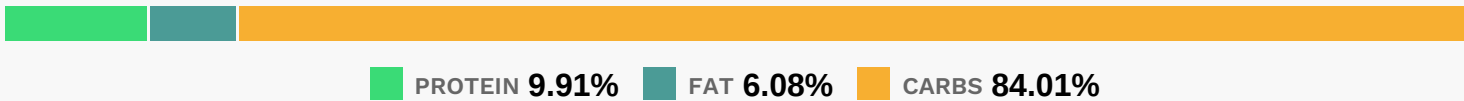
Equipment

- ☐ wooden spoon
- ☐ canning jar

Directions

- ☐
- Trim the ends off lemons, taking care not to cut into the flesh, then slice the lemons as if to quarter them – keeping the base of the lemon intact.
- ☐
- Sprinkle the interior of the lemons with unrefined sea salt then layer in your mason jar, crock or fermentation device.
- ☐
- Sprinkle with unrefined sea salt then mash with a wooden spoon or dowel until the rinds of the lemon begin to soften and the lemons release their juice which should combine with the salt to create a brine conducive to the proliferation of beneficial bacteria. Continue mashing, salting and mashing until your lemons fill the jar and rest below the level of the brine. Ferment at room temperature for three to four weeks. Lemons can be kept for one to two years.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:4.71, Inflammation Score:-7, Nutrition Score:9.797391279884%

Flavonoids

Eriodictyol: 60.55mg, Eriodictyol: 60.55mg, Eriodictyol: 60.55mg, Eriodictyol: 60.55mg Hesperetin: 79.1mg, Hesperetin: 79.1mg, Hesperetin: 79.1mg, Hesperetin: 79.1mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Luteolin: 5.39mg, Luteolin: 5.39mg, Luteolin: 5.39mg, Luteolin: 5.39mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 82.21kcal (4.11%), Fat: 0.85g (1.31%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 18.48g (6.72%), Sugar: 7.09g (7.87%), Cholesterol: 0mg (0%), Sodium: 7079mg (307.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin C: 150.25mg (182.12%), Fiber: 7.94g (31.75%), Vitamin B6: 0.23mg (11.34%), Potassium: 392.68mg (11.22%), Iron: 1.76mg (9.78%), Calcium: 78.09mg (7.81%), Folate: 31.18µg (7.8%), Vitamin B1: 0.11mg (7.56%), Magnesium: 22.86mg (5.72%), Copper: 0.11mg (5.52%), Vitamin B5: 0.54mg (5.39%), Manganese: 0.1mg (5.16%), Phosphorus: 45.36mg (4.54%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.43mg (2.83%), Selenium: 1.15µg (1.65%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.19mg (1.26%), Vitamin A: 62.37IU (1.25%)