

Preserved Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



191 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 serving kosher salt



1 serving juice of lemon fresh



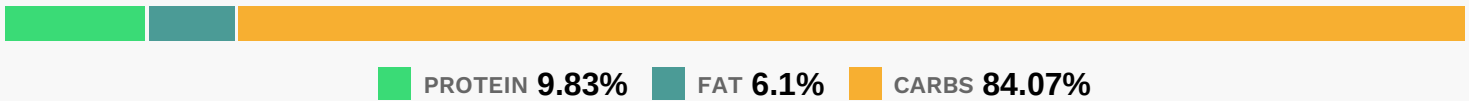
6 optional: lemon dried scrubbed

Equipment

Directions

- ☐
- Cut lemons lengthwise almost into quarters (leave attached at stem end). Pack as much kosher salt as you can (up to 2 tbsp.) into the cut center of 1 lemon and fit into a sterilized, bone-dry, widemouthed 1-qt. jar, cut side up. Repeat with remaining lemons and more salt (pack them in jar tightly).
- ☐
- Close jar and let sit overnight, then fill to brim with fresh lemon juice. Close jar and keep in a dark spot at room temperature 1 week, shaking once a day to redistribute salt and adding enough lemon juice to keep filled to brim.
- ☐
- Let sit 3 more weeks before using.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:16.731739282608%

Flavonoids

Eriodictyol: 139.14mg, Eriodictyol: 139.14mg, Eriodictyol: 139.14mg, Eriodictyol: 139.14mg Hesperetin: 182.96mg, Hesperetin: 182.96mg, Hesperetin: 182.96mg, Hesperetin: 182.96mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg 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: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 191.22kcal (9.56%), Fat: 1.98g (3.05%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 61.43g (20.48%), Net Carbohydrates: 43.24g (15.72%), Sugar: 16.58g (18.42%), Cholesterol: 0mg (0%), Sodium: 206.9mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin C: 349.24mg (423.33%), Fiber: 18.19g (72.76%), Vitamin B6: 0.53mg (26.27%), Potassium: 909.73mg (25.99%), Iron: 3.9mg (21.68%), Folate: 74.28µg (18.57%), Vitamin B1: 0.26mg (17.52%), Calcium: 169.5mg (16.95%), Magnesium: 52.74mg (13.19%), Vitamin B5: 1.25mg (12.51%), Copper: 0.24mg (12.12%), Phosphorus: 104.88mg (10.49%), Manganese: 0.2mg (9.84%), Vitamin B2: 0.13mg (7.76%), Vitamin E: 0.99mg (6.63%), Selenium: 2.61µg (3.72%), Vitamin B3: 0.66mg (3.31%), Vitamin A: 143.46IU (2.87%), Zinc: 0.4mg (2.65%)