

## Preserved Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



16 kcal

CONDIMENT

DIP

SPREAD

### Ingredients



1 tablespoon kosher salt



2 cups optional: lemon thinly sliced ( 3 lemons)



0.3 cup juice of lemon fresh



1 tablespoon olive oil



0.5 teaspoon saffron threads crushed

### Equipment

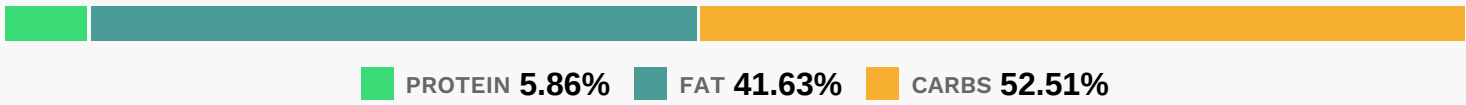


ramekin

# Directions

- ☐ Combine salt and saffron.
- ☐ Place one lemon slice in bottom of a wide-mouth 2-cup glass container.
- ☐ Sprinkle with a dash of salt mixture. Repeat layers with the remaining lemon slices and salt mixture. Cover and let stand at room temperature 3 days.
- ☐ After 3 days, press the lemon slices down with a spoon.
- ☐ Pour the juice and oil over lemon slices.
- ☐ Place a ramekin, custard cup, or clean decorative stone on top of lemon slices (to weigh them down). Cover and let stand at room temperature 5 days.
- ☐ Remove weight, and cover with lid of container.
- ☐ Note: Preserved lemons can be stored at room temperature for up to a month or refrigerated for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:5.97, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.4230434606257%

## Flavonoids

Eriodictyol: 5.85mg, Eriodictyol: 5.85mg, Eriodictyol: 5.85mg, Eriodictyol: 5.85mg Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 16.27kcal (0.81%), Fat: 0.96g (1.48%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.76g (0.84%), Cholesterol: 0mg (0%), Sodium: 436.62mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin C: 15.52mg (18.82%), Fiber: 0.75g (3.01%), Potassium: 40.65mg (1.16%), Vitamin B6: 0.02mg (1.15%), Vitamin E: 0.17mg (1.14%)