



Preserved Lemons with Rosemary



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4340 min.

SERVINGS



20

CALORIES



9 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 sprigs rosemary fresh
- ☐ 1 cup juice of lemon fresh
- ☐ 4 lemons
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 cup kosher sea salt

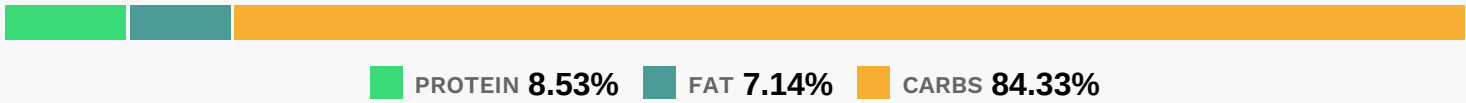
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of salted water to a boil; add lemons. Boil 5 minutes; drain. Run lemons under cold water until cool enough to handle.
- ☐ Cut lemons into wedges; discard seeds. Toss lemon wedges with kosher sea salt, red pepper, and rosemary in a medium bowl. Pack into a 1-quart jar.
- ☐ Pour lemon juice over lemon wedges to cover. Seal jar, and chill at least 3 days or until rinds are soft and pliable. Shake container daily. Store lemons in refrigerator up to 1 year.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.4965217667429%

Flavonoids

Eriodictyol: 5.21mg, Eriodictyol: 5.21mg, Eriodictyol: 5.21mg, Eriodictyol: 5.21mg Hesperetin: 7.79mg, Hesperetin: 7.79mg, Hesperetin: 7.79mg, Hesperetin: 7.79mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 9.26kcal (0.46%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.85g (0.95%), Cholesterol: 0mg (0%), Sodium: 2831.53mg (123.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 16.17mg (19.61%), Fiber: 0.68g (2.72%), Potassium: 45.04mg (1.29%), Vitamin B6: 0.03mg (1.25%), Folate: 4.87µg (1.22%), Iron: 0.18mg (1.01%)