



Quick Preserved Limes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



6 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 bay leaf



10 peppercorns black



1 cinnamon sticks



0.3 cup kosher salt



4 limes quartered



2 cups water

Equipment



sauce pan

Directions

☐ Combine all ingredients in a saucepan; bring to a boil. Reduce heat, and simmer 1 hour. Cool to room temperature; cover and refrigerate. Discard peppercorns, cinnamon, and bay leaf before using.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.77695653458004%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 5.74kcal (0.29%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 1770.18mg (76.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Vitamin C: 4.89mg (5.92%), Manganese: 0.05mg (2.63%), Fiber: 0.6g (2.41%)