



Sweet Candied Orange and Lemon Peel



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



280 min.

SERVINGS



3

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 6 lemon peels cut into 1/4 inch strips
- ☐ 4 orange peels cut into 1/4 inch strips
- ☐ 1 cup water
- ☐ 0.3 cup sugar white for decoration

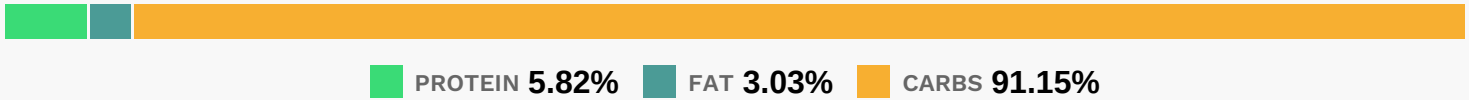
Equipment

- ☐ sauce pan
- ☐ wire rack
- ☐ candy thermometer

Directions

- ☐ Place lemon and orange peel in large saucepan and cover with water. Bring to a boil over high heat. Boil for 20 minutes, drain and set aside.
- ☐ In medium saucepan, combine 2 cups sugar and 1 cup water. Bring to a boil and cook until mixture reaches thread stage, 230 degrees F (108 degrees C) on candy thermometer, or small amount dropped in cold water forms a soft thread. Stir in peel, reduce heat and simmer 5 minutes, stirring frequently.
- ☐ Drain.
- ☐ Roll peel pieces, a few at a time, in remaining sugar.
- ☐ Let dry on wire rack several hours. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:46.03, Glycemic Load:26.08, Inflammation Score:-9, Nutrition Score:12.769565229831%

Flavonoids

Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg Hesperetin: 107.86mg, Hesperetin: 107.86mg, Hesperetin: 107.86mg, Hesperetin: 107.86mg Naringenin: 27.95mg, Naringenin: 27.95mg, Naringenin: 27.95mg, Naringenin: 27.95mg Luteolin: 4.44mg, Luteolin: 4.44mg, Luteolin: 4.44mg, Luteolin: 4.44mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 230.29kcal (11.51%), Fat: 0.93g (1.43%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 62.88g (20.96%), Net Carbohydrates: 52.64g (19.14%), Sugar: 43.91g (48.79%), Cholesterol: 0mg (0%), Sodium: 8.49mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 207.4mg (251.4%), Fiber: 10.24g (40.96%), Folate: 76.16µg (19.04%), Potassium: 614.67mg (17.56%), Vitamin B1: 0.24mg (15.89%), Vitamin B6: 0.28mg (13.88%), Calcium: 128.61mg (12.86%), Magnesium: 35.54mg (8.88%), Vitamin A: 440.52IU (8.81%), Copper: 0.17mg (8.63%), Vitamin B5: 0.85mg (8.47%), Iron: 1.48mg (8.23%), Vitamin B2: 0.12mg (6.9%), Phosphorus: 59.01mg (5.9%), Manganese: 0.11mg (5.47%), Vitamin E: 0.64mg (4.26%), Vitamin B3: 0.71mg (3.54%), Selenium: 1.87µg (2.67%), Zinc: 0.26mg (1.75%)