



Watermelon Rind Preserves



Gluten Free



Dairy Free



Low Fod Map

READY IN



555 min.

SERVINGS



4

CALORIES



2926 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 teaspoons cinnamon sticks crushed
- ☐ 4 teaspoons ground cloves
- ☐ 4 lemons rinsed seeded sliced
- ☐ 4 pounds watermelon rind chopped
- ☐ 0.5 cup salt
- ☐ 8 cups water
- ☐ 9 cups sugar white

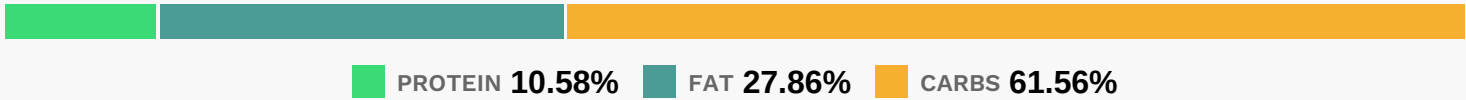
Equipment

- ☐ ladle
- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Peel off the green part of the watermelon rind, and slice into 2 inch pieces. Soak the rind in a solution of 1 gallon water and 1/2 cup salt overnight.
- ☐ Remove rind from the salt water, and place in a stockpot with clean water to cover. Bring to a boil over medium-high heat, and cook for about 30 minutes, or until the rind is tender.
- ☐ Drain.
- ☐ In a large pot, combine the sugar, 8 cups water, and sliced lemons. Tie the cinnamon and cloves into a cheesecloth bag, and place in the pot. Bring the syrup to a boil, and boil for 5 minutes.
- ☐ Add the rinds, and cook until transparent.
- ☐ Remove spice bag. Stir in red food coloring, if using. Ladle preserves into hot sterile jars, and process to seal.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:315.97, Inflammation Score:-3, Nutrition Score:43.917826266392%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 2926.36kcal (146.32%), Fat: 92.77g (142.72%), Saturated Fat: 34.93g (218.33%), Carbohydrates: 461.19g (153.73%), Net Carbohydrates: 456.42g (165.97%), Sugar: 451.89g (502.1%), Cholesterol: 322.05mg (107.35%),

Sodium: 14486.64mg (629.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.27g (158.54%), Vitamin B12: 9.71µg (161.78%), Zinc: 19.24mg (128.25%), Selenium: 71.41µg (102.02%), Vitamin B3: 19.34mg (96.7%), Manganese: 1.68mg (84.21%), Vitamin B6: 1.56mg (78.12%), Phosphorus: 737.32mg (73.73%), Vitamin C: 57.32mg (69.48%), Iron: 10.2mg (56.65%), Vitamin B2: 0.78mg (46.1%), Potassium: 1414.68mg (40.42%), Vitamin B5: 2.5mg (25%), Magnesium: 97.23mg (24.31%), Copper: 0.45mg (22.45%), Fiber: 4.76g (19.06%), Calcium: 169.86mg (16.99%), Vitamin B1: 0.24mg (16.12%), Vitamin E: 2.24mg (14.96%), Vitamin K: 11.62µg (11.07%), Folate: 44.25µg (11.06%), Vitamin D: 0.45µg (3.02%)