

LEMONS RECIPE

INGREDIENTS

- 1 cup, sections of lemons, raw, without peel [212 g] or 10 tbsps of lemon juice from concentrate, bottled, REAL LEMON [150 g]

COOKING METHOD

1° test

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	24 kcal	1 %
FAT	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 %
CHOLESTEROL	0 mg	0 %
SODIUM	12 mg	0 %
CARBOHYDRATE	8 g	3 %
SUGARS	2 g	—
FIBER	2 g	8 %
PROTEIN	1 g	—