Meyer Lemons

Nutrition Facts

Serving Size 1 medium lemon (58g)

Amount Per Serving

Calories 15 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 75mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	

Vitamin A 0%	• Vitamin C 40%
Calcium 2%	• Iron 0%
Thiamin 2%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 4%
Folate 2%	• Pantothenic Acid 2%
Phosphorus 2%	• Zinc 0%
Magnesium 2%	• Selenium 0%
Copper 8%	• Manganese 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fun Facts:

* Meyer Lemons are native to China!
* Meyer Lemons grow well in FL!
* Meyer lemons are a cross between sour lemons and mandarin oranges.
* Meyer Lemons were introduced to the US in 1908 by Frank Meyer of the US Department of Agriculture.
* Meyer lemons are similar to another sweet version of a sour citrus fruit, the Palestine Lime, which also is yellow skinned!
* Meyer lemons were made popular by California chefs in the

Varieties: Meyer lemons are sold as Meyer lemons, and not by particular varieties. They are in season from late Fall through early to mid Spring. Although they are more common now, versus virtually non-existent until the 80's and 90's, they are still a specialty item, available mostly from higher end supermarkets.

Selection: Choose fruit that are plump, heavy and round. Ripe fruit will be a darker than a regular lemon, with more of an orange toned skin. Avoid spots, mold or shriveled skin.

Storage and Handling: As with all citrus, it is best to keep the lemons as cold as possible, wrapped tightly in plastic. Store for up to a few weeks. Since the skins are thin and sweet as well, the entire fruit can be frozen for future use in sauces, beverages, etc.

Nutritional Benefits: Meyer Lemons are an excellent source of Vitamin C, and are an excellent flavor booster in lieu of salt!

Easy Ways To Enjoy Meyer Lemons

* Meyer lemons are entirely edible, and can be enjoyed just like an orange, yet skin and all! Especially if you are a fan of tart things!
* Meyer lemons are less acidic than regular lemons, but can be used as you would regular lemons in just about everything.
* Squeeze juice for sauces, dressings, beverages and marinades.
* Slice and add to drinking water for a slightly sweet, refreshing taste.
* Make a sorbet out of the juice, stuff into the skin and freeze for an amazingly fun dessert.

* Grate zest into cakes or over fish that is hot from the oven!