



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Summer Lemon with Spiced Pecans

A refreshing summer recipe featuring the bright flavors of lemon and the crunch of spiced pecans. This vegetarian dish is perfect for outdoor gatherings and picnics.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

200 g	Lemon
150 g	spiced pecans
50 g	sugar
2 g	salt
100 ml	water

# Directions

---

## Step 1

Cut

Slice the lemon into thin rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

Mixing

In a bowl, combine the sugar, salt, and water to make a simple syrup.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

## Step 3

Resting

Add the lemon slices to the simple syrup and let them marinate for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

## Step 4

## Mixing

In a separate bowl, toss the spiced pecans with a pinch of salt.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

### Plating

Serve the marinated lemon slices with a sprinkle of spiced pecans on top.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 5 g

**Carbohydrates:** 15 g

## Nutrition Facts

---

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	2 iu	0.22%	0.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	6 mg	0.18%	0.23%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

## Course

Salads

Snacks

## Cultural

Chinese New Year

## Cost

Over \$50

## Diet

Nordic Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Werewolf Diet

The Ice Cream Diet

The CICO (Calories In, Calories Out) Diet

The Dr. Sebi Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)