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## Nutrition

# Do not throw away the lemon peels again: these are all its benefits

Lemon peel is often thrown away because of its bitter taste, but it has many benefits

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Lemon peel has many benefits / Getty Images/iStockphoto





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From the **lemon** , what we usually extract is always the juice of the pulp because its particular acid flavor gives a very interesting point to many dishes. However, most of the time we forget about the **peel** , without thinking that it is one of the parts of the lemon that has the most benefits. Beyond using it for pastries and some loose dishes, most of the time it ends up at the bottom of the garbage.

What causes us to always throw the peel in the trash is its **bitter** taste , especially in the whitest part. In dishes such as rice pudding, the milk is infused together with the lemon peel, but taking care that there are no white parts so that the sweet taste of the dessert is not bitter.





interesting fruit. For example, it is closely associated with calming certain pains and treating some health problems. Among its properties, it is found that it favors digestion; that it is rich in antioxidants, vitamins and minerals; prevents anemia; lowers cholesterol and metabolizes fat more quickly; protects the liver... So a lemon should never be missing from your fridge.

### Benefits of lemon peel

The properties of the lemon peel make it a very beneficial supplement for our health. Some of its benefits are:

1. **It is a source of vitamins and minerals:** this part of the lemon contains more vitamins than the juice of the pulp itself, and also contains potassium, magnesium, fiber, folic acid and beta-carotene.
2. **Improves digestion:** as we said previously, the lemon favors better digestion, but the peel also has vitamin C and antioxidants that help treat problems such as abdominal swelling, so it will help your digestive process.
3. **Strengthens the immune system:** lemon is a citrus rich in vitamin C. This allows you to have a natural ally to fight against gipes and colds.
4. **It is rich in calcium:** this implies that the lemon peel will help strengthen your bones, so it can be a supplement to take into account when you reach a certain age.
5. **Keeps your skin clean:** the lemon peel will help you remove stains that appear on the skin and also on the teeth.
6. **Eliminate toxins from your body.**



crystal compounds that form naturally, and are very painful to expel. Since lemon contains citrate, it can be more easily diluted.

### Lemon Peel Tea Recipe

If you have doubts about how to ingest lemon peel, you can make a tea with it. For this, the **ingredients** you need are:

1 liter of water.

The peel of 2 lemons.

The juice of one lemon.

4 tablespoons of honey.

To **prepare** it: pour the lemon peels into the water and bring it to a boil. When it is already boiling, add the natural lemon juice and let it cook for 20 minutes. From here, let it rest for 10 minutes so as not to burn yourself. Add the honey and pour yourself a cup.



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