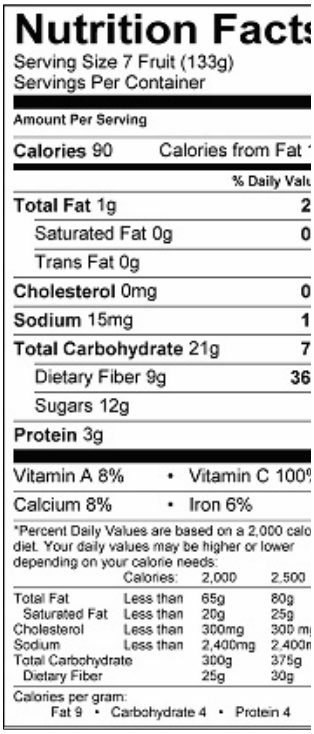
Kumquat

Nutrition:

- **Kumquats are high in vitamin C and fiber.**
- **Vitamin C helps your body's immune system fight off infection and helps your body heal.**
- **Fiber helps control blood sugar level, lowers cholesterol levels, and helps in achieving a healthy weight.**

Did you know?

- **Kumquats are the only citrus fruit that you can eat the peel. The peel is sweet and the fruit is sour.**
- **Kumquats taste best when they are gently squeezed before being eaten; this unifies the ingredients in the peel and pulp. The longer you chew the sweeter the fruit becomes!**
- **Kumquats are available from November to March.**
- **'Nagami' and 'Meiwa' are two of the most common varieties of kumquats grown in the United States.**



Nutrition Facts

Serving Size 7 Fruit (133g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat
	% Daily Valu
Total Fat 1g	2
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 15mg	1
Total Carbohydrate 21g	7
Dietary Fiber 9g	36
Sugars 12g	
Protein 3g	

Vitamin A 8%	• Vitamin C 100
Calcium 8%	• Iron 6%

*Percent Daily Values are based on a 2,000 calo 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 m
Sodium	Less than	2,400mg	2,400
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

More:

- **When selecting a kumquat look for a firm, smooth, and bright orange peel.**
- **Kumquats can be eaten alone or be made into marmalades, sauces, and jams.**

Follow the link for a video that features a farm in San Diego that grows kumquats and shows how to eat them!