

Clementine



Nutrition:

- **Clementines provide large quantities of Vitamin C and are a significant source of dietary fiber, calcium and vitamin A.**
- **Vitamin A is important for eyes, bone and skin health. It also helps to fight infections and speed healing.**

Did you know?

- **Clementines are a hybrid between a sweet orange and a Chinese mandarin.**
- **Clementines are known as “Christmas oranges” because they are available November through January.**
- **They are also called “zipper oranges” because they are so easy to peel.**
- **Clementines became popular in the U.S. after a freeze in Florida required us to import oranges from Europe - where clementines were widely available.**

Nutrition Facts	
Serving Size 1 medium (74g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 0%	• Vitamin C 60%
Calcium 2%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated 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

More:

- **Choose clementines with a glossy, deep orange skin that feel heavy for their size.**
- **Place clementines in the refrigerator if you will not eat them all within 3 days of purchase.**

