

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 levels, 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 0
% Daily Value	
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 diet of 2,000 calories. 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 300mg
Sodium	Less than 2,400mg 2,400mg
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!

