

# FOOD FACTS

## Ugli Fruit



### NUTRITION

- Contains a mere 45 calories, and contributes 2 grams of dietary fiber to your day, in addition to providing 70 percent of the recommended daily value of vitamin C. To your health!

### DYK

- Also known as the Jamaican tangelo citrus fruit, grown exclusively in Jamaica and exported by Trout Hall Ltd. to markets all over the world. It was discovered growing wild in Jamaica over 80 years ago and has been developed by the family of the owners of Trout Hall Ltd.
- The original tree is believed to have been a hybrid formed from the Seville orange, the grapefruit, and the tangerine families.
- Don't let its ugly exterior fool you though. Inside, it's totally delicious. It is mostly green and wrinkled until it is fully ripe, when it turns orange.

### PREPARATION & STORAGE

- UGLI fruit is available in most major supermarkets from late November through April.
- Choose the fruit that is firm. You can store for up to one week.
- Try using a pummelo in a smoothie for a sweet treat!



### Ugli Salad with Avocado and Shrimp

One bag of Boston Lettuce (or combination including Boston)  
12 ounces of medium shrimp (cooked, peeled and chilled)  
2 UGLI® fruit, peeled  
1 avocado  
Poppy seed dressing



Separate salad mix into six servings, arrange on salad plates. Divide shrimp among the six plates, placing on top of lettuce. Divide UGLI® fruit into sections, and divide evenly between plates, arranging artfully. Peel and slice avocado and divide among the salad plates. Drizzle with poppy seed dressing. Serve immediately.  
Six Servings.