

PLUOTS



GROWN IN CALIFORNIA

Nutrition Facts

Serving Size 2 medium Pluots(151g)

Calories 80	% Daily value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	8%

Protein 1g

Health Benefits

- A good source of vitamin C which helps the body absorb iron.
- Naturally cholesterol free.
- Provides vitamin A which is good for eye sight.

DIFFERENT USES

- Cut dried pluots and put them into a trail mix.
- Whole grain couscous, sliced pluots, apples and lemon juice: toss together for a salad.
- Build a beef and pluot stew for a delicious twist.
- Can be poached, boiled, baked, grilled, pan-fried or microwaved.
- Pluots are perfect for picnics, just grab and go!

FUN FACT

- As you may have already guessed, it's a hybrid combination of the plum and apricot!
- Its skin is smooth, like the plum.
- Plum trees are grown on every continent except Antarctica.
- Pluot flesh ranges from white to red in color.
- There are over 20 varieties of Pluots grown mainly in Washington and California.

