

Clementine Orange

The Clementine orange is the tiniest of the mandarin orange varieties. Imported from Spain, Morocco, and other parts of North Africa, clementines are a cross between a sweet orange and a Chinese mandarin orange. They are small, very sweet, and usually seedless. Most people think of clementines as small tangerines, but they're a different variety entirely, with a distinctive taste. The Clementine is an excellent eating orange, and its small size and lack of seeds make it particularly popular with kids!



Clementine oranges are a good source of vitamin C, fiber, folate, thiamin and potassium. There are about 35 calories in a Clementine, and they contain about 7 grams of sugars. Clementines have no cholesterol, fat or sodium.



The Clementine was given official cultivar status in 1902. It is named for Father Clement Rodier, an Algerian monk. As the story goes, Father Clement made the discovery of a unique hybrid in the mandarin garden of his orphanage. Many believe, however, that the Clementine originated earlier, in Asia, and eventually found its way to the Mediterranean region.

