

Tangelo

The tangelo is a citrus fruit hybrid of the tangerine and pomelo or grapefruit (the grapefruit is actually a hybrid of the pomelo and an orange!). Sometimes referred to as honeybells, they are juicy, easier to peel than an orange and have very few seeds. The tangelo has a very characteristic “bump” or “knob” at the stem end.



Tangelos are an excellent choice for those watching their calorie and fat intake. One medium-size tangelo has approximately 60 calories, no fat, and no cholesterol. These small, aromatic citrus fruits are good sources of dietary fiber, and are a significant source of vitamin C. One medium tangelo has 45% of your recommended daily value of vitamin C.

Citrus fruits are most commonly thought of as a good source of vitamin C. However, they also contain an impressive list of other essential nutrients, including fiber, potassium, folic acid, calcium, and carbohydrates.

Citrus fruits, like tangelos, grapefruits, oranges and lemons, have been cultivated since ancient times, and are thought to have originated in Southeast Asia.

