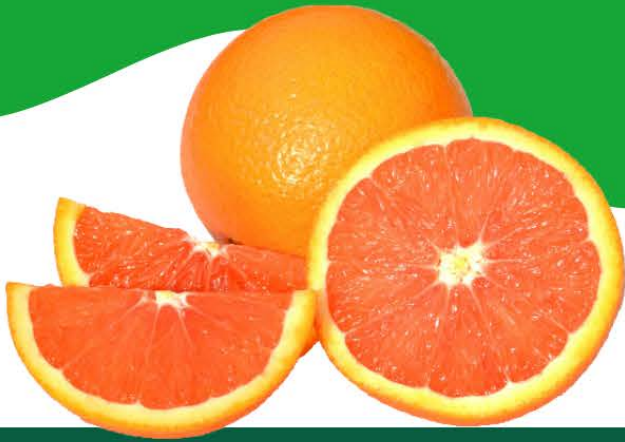


# CARA CARA ORANGES



Cara cara oranges were created from a mutation on a Washington navel orange tree, and has only been sold in the United States since the 1980s!

## PRODUCE PARTICULARS

Cara cara oranges are an excellent source of Vitamin C, and also contain folate, fiber, and potassium!

They also contain lycopene, a powerful antioxidant that gives them a beautiful pinkish-red color on the inside!

These oranges are seedless, easy to peel, and typically sweeter than other citrus fruits!



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>45</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	9%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 180mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

**FRESHEALTH**