

# CLEMENTINE



## Nutrition Facts

Serving Size 1 Clementine (74g)

Calories	35	% Daily Value
Total Fat	0g	0%
Sodium	1mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	1g	5%
Protein	1g	

## Health Benefits

- Vitamin C to help heal wounds and keep your teeth and gums healthy
- Potassium rich—helps transmit nerve impulses to muscles, improve muscle contraction
- Potassium also aids in maintaining normal blood pressure

## DIFFERENT USES

- Kid-friendly snack since they are seedless and easy to peel
- Can be eaten fresh, canned, frozen or juiced
- Add to fruit smoothies or yogurt parfaits
- Use in salads, sauces or for preserves
- Create your own salsas relishes or dressings
- Juice, grind, or sauté clementine and pair with seafood.

## FUN FACT

- Often called “Christmas oranges” due to their limited growing season, which typically ranges from November through April.
- There are fourteen segments in each clementine
- Unlike other citrus fruits, the zest of the clementine peel is not to be used due to its bitterness.
- Known for their sweetness and bright color and one of the few citrus fruits that are seedless.