

# BLOOD ORANGE WEDGES



Blood oranges are often called "raspberry oranges" because of their red color and their raspberry-like taste!

## PRODUCE PARTICULARS

Blood oranges are an excellent source of Vitamin C, and contain many antioxidant compounds.



They also contain Anthocyanins, a powerful antioxidant that gives them a deep red color on the inside!



Fruits that are high in Vitamin C, like blood oranges, can help boost your immune system and fight off colds!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

% Daily Value \*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	8%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 170mg	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**