

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		
Calories	45	
	% Daily Value *	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 12g	4%	
Dietary Fiber 2g	9%	
Total Sugars 9g		
Includes 0g Added Sugars	0%	
Protein 1g		
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

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