

GOLDEN KIWI SLICES



A kiwi is technically considered a berry. What other fruits can you name that are berries?

PRODUCE PARTICULARS

A gold kiwi has some distinctive differences from a traditional green kiwi. Initially you'll notice the difference in flesh color and amount of seeds. Also, a green kiwi has fuzzy brown skin and oval shape and the gold kiwi has smooth, hairless skin that's a nice golden-brown color and a rounder shape.

The taste of a golden kiwi is cross between a mango and a strawberry.

Kiwi have 2x the Vitamin C of oranges and are a rich source of Vitamin E and K. Compared to other fruits, kiwi have the greatest amount of vitamins & fiber per gram than any other fruit.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	5%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 320mg	6%
* 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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