

KUMQUATS



Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.

PRODUCE PARTICULARS

Kumquats are a good source of Vitamins C & fiber.

Kumquats are native to South Asia and were introduced to America in the mid 1800s.

Kumquats' name derived from the Chinese word for golden orange.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	70	
* % Daily Value *		
Total Fat 1g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 10mg	0%	
Total Carbohydrate 16g	6%	
Dietary Fiber 7g	23%	
Total Sugars 9g		
Includes 0g Added Sugars	0%	
Protein 2g		
Vitamin D 0mcg	0%	
Calcium 60mg	4%	
Iron 0.9mg	4%	
Potassium 190mg	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