

MINNEOLA



This fruit has the nickname "The Honeybell" because of its bell shape and sweet honey flavor.

PRODUCE PARTICULARS

The Minneola is a cross between a tangerine and a grapefruit. Making it the perfect combination of sweet and tangy!

It is named after Minneola, Florida, where the fruit originated and is abundantly grown.

Minneolas are an excellent source of fiber to stimulate the digestive tract and Vitamin C to strengthen the immune system.



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	8%
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

FRESHEALTH