

TANGERINE WEDGES



The tangerine is a variety of mandarin orange, named for its place of origin in Tangier, Morocco.

PRODUCE PARTICULARS

Like all citrus fruits, tangerines have an abundance of vitamin C.

Tangerines contain a relatively large variety and amount of phytonutrients, which can protect cells from damage and reduce inflammation.

You can actually eat the peel of a tangerine too! The peel contains antioxidants that are shown to help lower cholesterol.



Nutrition Facts

1 serving per container	
Serving size	100 g
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Amount per serving	
Calories	50
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	6%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.2mg	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	

INGREDIENTS: Tangerines, (Mandarin Oranges), Raw

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