

UGLI FRUIT WEDGES



There are over 100 different varieties of citrus fruits.

Can you name other kinds of citrus fruits?

PRODUCE PARTICULARS

Ugli fruit is grown in Jamaica and is a cross between an orange and a grapefruit. It's sweet and tangy with orange flesh and its thick, rough, bumpy skin is greenish orange or sometimes yellow.



Abundant in Vitamin C, it supports your body in wound healing and the development of collagen, a key component of skin, muscle and connective tissue. It also contains folate, calcium and potassium – vital nutrients that play important roles in metabolism, muscle control, bone health and heart health.



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 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 0mg	0%

* 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