

TASTE OF THE SEASON...



C L E M E N T I N E

Clementine Facts

- Although they come in small packages, Clementines pack a big health punch. Loaded with vitamins and minerals, these tiny fruits make for an extremely healthy snack.
- Orange or lemon peels can be grated for flavoring, but **DO NOT** try to use clementine peels this way – they are very bitter.
- Juice the Clementine just before drinking to retain the most vitamins.

Just for Fun!! Learn to juggle with clementines—their smushed-ball shape and bumpy skin makes them easy to catch.

Selecting Clementines

Select a clementine that is firm and heavy for its size with no soft spots or wrinkled skin.



DID YOU KNOW? Clementines are also called “zipper oranges” because they are so easy to peel.

Storing Clementines

Clementines should be stored in a cool, well ventilated area. They can stay at room temperature for up to one week. If refrigerated, they can be kept for up to two weeks.

Nutrition Facts

Serving Size 1 fruit 74g (74 g)

Amount Per Serving

Calories 35 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 1mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 5%

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 60%

Calcium 2% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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A few quick serving ideas—

- ❖ Peel and eat for a quick, easy and nutritious snack on the go!
- ❖ Add slices to yogurt for a light snack or breakfast.
- ❖ Mix juice into sauces for a sweet and tangy twist.
- ❖ Try this method of eating clementines:
 - Let peeled, segmented clementines dry on the counter for a couple of hours before biting into them. The outside becomes slightly crispy and the inside incredibly juicy.

