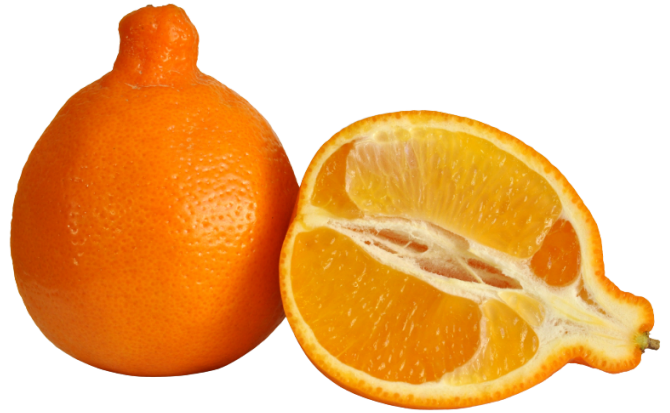


Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Tangelo

Tangelos are large citrus fruits that are typically available from winter to early spring. They are known for their thin skin, sweet and tart taste, and seedless nature.



How to Select and Store:

Fresh - Selection

FIRM **HEAVY** **SMOOTH**
FLESH **WEIGHT** **SKIN**

Select tangelos that are heavy and firm to the touch. Tangelos should be bright in color and are best when void of blemishes, soft spots, or mold.

Choose ripe tangelos that have a distinct sweet and pleasant aroma. Smooth skin is indicative of a well-ripened tangelo.

Fresh - Storage



ON THE COUNTER OR IN THE REFRIGERATOR

Tangelos can be stored in a cool place inside or outside the refrigerator. They will keep up to one week at room temperature and two weeks in the refrigerator.

Tangelos can be frozen in wedges, slices, zest, juice, or whole for up to six months.

Nutrition Facts

Serving size	1 Minneola (109g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.36mg	2%
Potassium 220mg	6%
Vitamin A 36mcg	4%
Vitamin C 90mg	100%

*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.

Tips for Preparing and Cooking:

Preparation

Tangelos can be peeled, juiced, segmented, and eaten raw. The skin may also be consumed if thoroughly washed under cold water before peeling, grating, or zesting.

Try tangelos...

Raw

Enjoy tangelo slices as a snack or diced in a fruit salad. Try drizzling grilled white fish with fresh tangelo juice for a tangy, citrus kick!

Grilled

For a delectable treat, grill sliced tangelos until caramelized. Brush with melted butter and cinnamon, top with ice cream, and enjoy!

Juiced

Bump up your nutrient content and try juicing tangelos with carrots, lemons, ginger, celery, and spinach.



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Did you know?

Tangelos are the result of natural insect cross-pollination of the mandarin orange and the pomelo (or grapefruit)!