

TANGERINES

fun facts:

- Tangerines, also known as mandarins, are a type of citrus fruit. They are easier to peel compared to other citrus fruits and are sometimes called "easy peelers!"
- Tangerines are packed full of Vitamin C and fiber. One tangerine has half the vitamin C you need for the whole day!
- The tangerine is a variety of the Mandarin orange.
- Florida is the top producer of tangerines in the United States.
- Tangerines used to be nicknamed the 'Christmas Orange' because they were often stuffed in children's Christmas stockings.



A
better
tomorrow
starts
today



Nutrition Facts	
Serving Size 1 orange (131g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 6%	Vitamin C 120%
Calcium 6%	Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

