

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



Cara Cara Oranges

- ◆ Cara Cara oranges were first found in 1976 at Hacienda Cara Cara in Venezuela and are from a natural mutation of the common navel orange tree.
- ◆ Cara Caras are packed full of vitamin C . One Cara Cara gives you 100% or more of your daily vitamin C needs and is around 80 calories.
- ◆ The inside pink color is from the Cara Cara's lycopene (antioxidant) content. Regularly consuming lycopene has been linked to a lower risk of heart disease, prostate cancer, and macular degeneration (a disease that causes vision loss as you age). Some other fruits and vegetables with lycopene (red/yellow/orange pigment) include red peppers, guava, purple cabbage, watermelon, tomatoes, papaya, and grapefruit.
- ◆ Cara Caras don't taste like a regular orange. Some people say they taste raspberries, blackberries, and even cranberries.
- ◆ Cara Caras are available in the winter and spring.