

TANGERINE



DIFFERENT USES

- The peel adds an exotic twist to many dishes.
- Add tangerine slices to coleslaw or tuna salad for a delicious and colorful treat.
- Pack them in a lunch or for a picnic. They are easy to peel and deliciously sweet.
- Stir fry tangerines with chicken, broccoli, and onion.
- Dunk slices into a yogurt dip or add to a parfait.

Nutrition Facts

Serving Size 1 medium (109g)

Calories 50	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%

Protein 1g

Health Benefits

- Provides thiamin and vitamin B6 which help the body break down food for energy and brain power.
- Good source of vitamin C.

FUN FACT

- Tangerines came to the U.S. from Tangier, Morocco, which is where their name originates.
- Easier to peel than oranges because the slices separate easily.
- No waste in the processing of citrus fruits. The juice is used for fresh juice and also for vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.
- Tangerines are a type of Mandarin orange.