

NECTARINE



DIFFERENT USES

- Chop and put in muffins and other baked products.
- Slice the fruit off the pit and eat as a refreshing snack.
- Grill slices on both sides for a caramelized treat.
- Popsicles– puree 5-6 nectarines with white grape juice and freeze in cube trays.
- Pack it into your breakfast with oatmeal, cereal, toast, whole grain pancakes or smoothie.

Nutrition Facts

Serving Size 1 medium (140g)

Calories 60	% Daily Value
Total Fat 0.5g	1%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%

Protein 1g

Health Benefits

- Helps to keep the nervous system, digestive system, skin, hair and eyes healthy with niacin.
- Supplies potassium for healthy body.
- Vitamin E which helps prevent cells from being damaged.

FUN FACT

- The nectarine is actually a subspecies of peach that lacks the gene for fuzz.
- You can sometimes find nectarines and peaches growing alongside each other on the same tree.
- There are freestone varieties where the fruit easily comes off the pit as well as clingstone varieties where the fruit is more difficult to get off the pit.
- Nectarines are a member of the rose family.