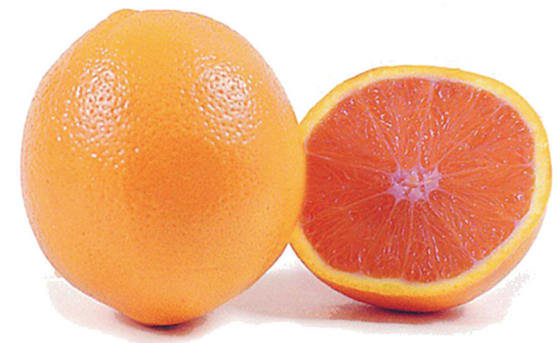


# Cara Cara Navel Orange

These oranges were first discovered in 1976 at Hacienda Cara Cara in Venezuela (hence the name) and are now grown in California. The seedless orange has reddish-pink flesh and a sweet yet tangy flavor similar to cranberries, strawberries and raspberries. One medium cara cara orange has 80 calories, 19 grams of carbs, and 3 grams of fiber. It's an excellent source of the antioxidants vitamin A and C and a good source of folate. Cara cara oranges also contain a powerful antioxidant known as lycopene, which helps give them their gorgeous hue. Regular consumption of 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).

Cara Cara Navel oranges are available from December through May.



<http://blog.foodnetwork.com/healthyeats/2013/02/09/in-season-cara-cara-oranges/>