

Minneola Tangelos

The Minneola tangelo is a specific hybrid citrus fruit that is made by crossing the grapefruit and the mandarin orange. The cross was developed by the United States Department of Agriculture, in Florida, and was first released for sale in 1931. The fruit combines the sweetness of the mandarin with the tart flavors of the grapefruit, and it is highly prized for its juiciness and combination of sweet/sour flavors.



As tangelos go, the Minneola tends to be pretty large and is usually bell or pear-shaped. Minneola tangelos are also sometimes called Honeybells. Diameter of the fruit averages about 3 inches (7.62 cm), though some can grow a bit larger. The peel is somewhat thin, but like most tangelos and mandarin oranges, it is pretty easy to peel. Many people like the fact that the fruit doesn't have very many seeds, usually about ten on average, so they're easy to avoid.

In the US, the Minneola tangelo tends to prosper best in mild climates like Florida, and the tree fruits from December to February.

A medium tangelo has only 47 calories, but plenty of Vitamin C, calcium, folate, and potassium.