

# 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.

**BRIDGEPORT**  
**NUTRITION**

## Nutrition Facts

Serving Size 1 medium (109g)

| Calories 50                   | % Daily Value |
|-------------------------------|---------------|
| <b>Total Fat</b> 0g           | 0%            |
| <b>Sodium</b> 0mg             | 0%            |
| <b>Total Carbohydrate</b> 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.