

# KUMQUAT



## DIFFERENT USES

- Eat raw and whole for a sweet and tart taste— removal of seeds optional.
- Chew, chew, chew! The longer it's chewed the sweeter it tastes.
- Slice thinly and place on top of salad.
- Grab a handful and place them in a small container for a snack on-the-go.
- Throw together a Kumquat salsa with onions, oil, cilantro, red pepper flakes and salt. Yum!

## Nutrition Facts

Serving Size 7 Fruit (133g)

Calories 90	% Daily Value
<b>Total Fat</b> 1g	2%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 9g	36%

Protein 3g

## Health Benefits

- Very high in fiber to promote a healthy GI tract.
- Contains 100% of the recommended daily vitamin C in 7 fruits.
- Good source of complex carbohydrates instead of simple carbohydrates.

## FUN FACT

- The word Kumquat means “Gold Orange” in Chinese.
- There are four varieties; the two most commonly grown in the US are Nagami and Meiwa.
- The only citrus fruit that can be eaten with the skin on.
- Symbolizes good luck in China and other Asian countries; given as gifts during the Lunar New Year.
- In season in the US mid November through March.

