

POMEGRANATE



Nutrition Facts

Serving Size 1/2 medium (154g)

Calories	130	% Daily Value
Total Fat	2g	3%
Sodium	0mg	0%
Total Carbohydrate	29g	10%
Dietary Fiber	6g	24%
Protein	3g	

Health Benefits

- Pomegranates are high in antioxidants which may help fight heart disease and many cancers .
- Antioxidants help protect the body against “free radicals” that cause damage to our bodies over time.
- Aids the functioning of the immune system.

DIFFERENT USES

- Eat seeds right out of fruit.
- Create a sweet dip sauce with juice, a little sugar and some spices.
- Top yogurt, oatmeal, salad, or dessert with pomegranate seeds.
- Drink pomegranate juice by itself or use to flavor tea or ginger ale.
- Juice the seeds and use as a marinade for shrimp, chicken or pork.

FUN FACT

- The peel, which you cannot eat, contains the most antioxidants, and they are released in abundance when the fruit is squeezed for juicing.
- Whole pomegranates can be stored in a cool dry area for about 1 month or up to 2 months in the refrigerator.
- Pomegranate’s red juice will stain your fingers, clothes, and countertops!
- Pomegranates are one of the few fruits whose juice is just as beneficial as its fruit or seeds.

