

STAR FRUIT



DIFFERENT USES

- Usually sliced fresh as an elegant addition to salads, buffet platters, and desserts.
- May be used to make sauce, juice, pickle, tarts, jams, stews, and stir-fry.
- The sourness favors cooking and gives unique taste to different poultry, meat, and seafood dishes.
- Purchase when the fruit is yellow right after all traces of green have disappeared and the edges are brown.

Nutrition Facts

Serving Size 1 large star fruit (127g)

Calories	40	% Daily Value
Total Fat	0.5g	1%
Sodium	0mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	4g	12%
Protein	1g	

Health Benefits

- Rich in fiber which may help decrease the risk of coronary heart disease.
- Contains 70% of daily recommended vitamin C needs— important for keeping teeth and gums healthy.
- Good source of potassium, fiber and copper.

FUN FACT

- Also known as the Carambola, the star fruit reveals perfect stars when cut crosswise.
- Except for the seeds, you can eat the whole star fruit.
- Harvested when the green fruit has a tint of yellow
- There are both sweet and tart varieties of the fruit.
- People have used the fruit to help relieve and soothe ringworm and chicken pox.