

Fresh Tips Card



Trivia

What vitamin do all citrus fruits have in high quantities?

They all have Vitamin C.

80 calories per serving	Total carbohydrates 19g
Total fat 0g	Cholesterol 0g
Sodium 80g	Fiber 3g
Sugars 14g	Protein 1g
Vitamin A 2%	Calcium 6%
Vitamin C 130%	Iron 0%

- Citrus fruits are known for providing the body with Vitamin C. They also offer potassium, folate, calcium, thiamin, niacin, vitamin B6, phosphorus, magnesium, copper, and riboflavin.
- Vitamin C is required for strong gums and healthy body tissues and also for preventing Scurvy.
- Choose oranges with firm, smooth, skins, heavy for size.
- Store at room temperature for 1-2 days. Refrigerate for 1-2 weeks.

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