

## KUMQUATS



### PRODUCE PARTICULARS

- Kumquats are a good source of Vitamins C & fiber.
- Kumquats are native to South Asia and were introduced to America in the mid 1800s.
- Kumquats' name derived from the Chinese word for golden orange.

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 70**

	% Daily Value *
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 7g	23%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	4%
Potassium 190mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### DID YOU KNOW?

Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.

