

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	100 g
Serving size	100 g
Amount per serving	Calories 70
	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 7g	23%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 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.

