FRESHEALTH

MINNEOLA



PRODUCE PARTICULARS

- The Minneola is a cross between a tangerine and a grapefruit. Making it the perfect combination of sweet and tangy!
- It is named after Minneola, Florida, where the fruit originated and is abundantly grown.
- Minneolas are an excellent source of fiber to stimulate the digestive tract and Vitamin C to strengthen the immune system.

Nutrition Facts

1 serving per container

Serving size	**100 g**
Amount per serving	
Calories	**45**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**8%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 180mg	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?

This fruit has the nickname "The Honeybell" because of its bell shape and sweet honey flavor.

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