

UGLI FRUIT



PLU - 4459

What is ugli fruit?

Ugli fruit is a cross between a mandarin orange and a grapefruit. It's generically known as tangelo, and this article uses both terms interchangeably.

“UGLI” is a brand name that plays on the word “ugly,” as the fruit does not look particularly appetizing. However, the name “ugli fruit” has become one of the fruit’s most common names.

This teardrop-shaped fruit is larger than a grapefruit and has a thick, rough, greenish-yellow skin that peels off easily. Its flesh is orange and — like other citrus fruits — separated into sections by a white, net-like substance called the pith.

Ugli fruit is juicy, and its taste is often described as sweet and tangy with slight notes of bitterness.

SUMMARY: Ugli fruit is a cross between an orange and a grapefruit. It’s sweet and tangy with orange flesh and thick, rough skin.

Nutrition

Ugli fruit is low in calories but a great source of nutrients. Half of one ugli fruit (about 100 grams) provides (1):

- **Calories:** 47
- **Fat:** 0 grams
- **Protein:** 1 gram
- **Carbs:** 12 grams
- **Fiber:** 2 grams

- **Vitamin C:** 90% of the Daily Value (DV)
- **Folate:** 8% of the DV
- **Calcium:** 4% of the DV
- **Potassium:** 4% of the DV

As you can see, Ugli fruit provides only 47 calories per 100-gram serving. Most of those calories come from carbs in the form of natural sugars. Additionally, the same serving contains almost a day's worth of vitamin C (1).

Vitamin C plays many crucial roles in your health, but it's particularly important for its role as an antioxidant and immune-system booster (2Trusted Source, 3Trusted Source).

Ugli fruit also contains several other vitamins and minerals, as well as plant compounds known as phenols, which have many health benefits (4Trusted Source).

SUMMARY: One half of an ugli fruit (about 100 grams) contains 47 calories, which mostly come from natural sugars. It also contains almost a day's worth of vitamin C, as well as several other vitamins and minerals.

Benefits

Ugli fruit has several health benefits.

As a member of the citrus family, it's rich in vitamins, minerals, and plant compounds thought to have beneficial effects on your health.

Rich in vitamins and minerals

Half of one ugli fruit (about 100 grams) contains almost a day's worth of vitamin C, along with several other vitamins and minerals.

Vitamin C, also known as ascorbic acid, is a powerful antioxidant. It can help prevent damage caused by high levels of free radicals, which can lead to chronic diseases, such as type 2 diabetes, heart disease, or cancer

This vitamin also plays an important role in wound healing and the development of collagen, a protein in your body that's a key component of skin, muscle, and connective tissue.

What's more, ugli fruit contains folate, calcium, and potassium — vital nutrients that play important roles in metabolism, muscle control, and bone and heart health.

May help you lose weight

Ugli fruit is very low in calories, with half of one fruit (about 100 grams) containing only 47 calories.

This makes ugli fruit an excellent low-calorie snack for those who are trying to lose weight. It may help you consume fewer calories than you burn, which is the only proven path to weight loss.

Eating whole fruit, such as ugli fruit or other citrus fruits, is also associated with a decreased risk of being overweight or obese.

One study in more than 1,000 people found that those who ate more servings of fruits and vegetables were more likely to be successful with weight loss and weight loss maintenance, compared with those who ate fewer servings.

Furthermore, ugli fruit contains fiber, which may help you feel fuller for longer.

Antioxidant and anti-inflammatory potential

Ugli fruits are full of compounds called flavonoids, which have antioxidant and anti-inflammatory properties.

One tangelo flavonoid called naringenin is thought to be a powerful antioxidant. In one study in mice, it reduced liver damage caused by free radicals.

Naringenin also has powerful anti-inflammatory effects and may help reduce levels of inflammatory markers like interleukin-6 (IL-6) in your blood.

This is significant, as chronic inflammation has been linked to several conditions, including type 2 diabetes and heart disease.

However, most of this research has been conducted in test tubes and animals. More research in humans is needed before firm conclusions can be drawn about the antioxidant and anti-inflammatory potential of ugli fruit.

SUMMARY: Ugli fruit is low in calories and contains fiber and a variety of vitamins and minerals. It also boasts powerful anti-inflammatory antioxidants.