

Harvest of the Month

Cara Cara

Calories

80

Total Fat

0g

Sodium

0mg

1
Fruit

Sugars

14g

FUN FACTS:

seedless • sweet • tangy • raspberry undertones

The navel orange Cara Cara was first discovered in 1976 at the Hacienda de Cara Cara in Venezuela. Today they grow in California's San Joaquin Valley with a peak season between December and April.

Cara Cara oranges are a cross between two navel oranges. On the outside, they look just like an orange but on the inside, they are a beautiful reddish-pink.

They are known as "The Power Orange®" because of their low acidity and excellent nutritional value.

This institution is an equal opportunity provider.

