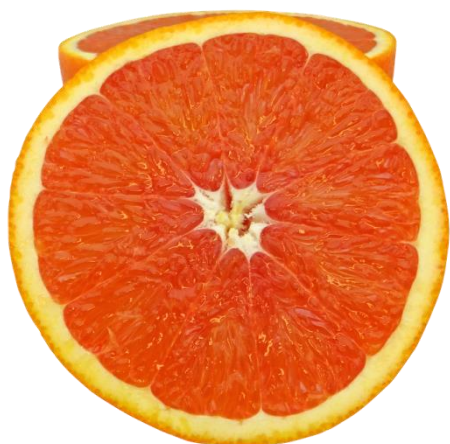


# Cara Cara Orange

Cara cara oranges were discovered in 1976 - less than 50 years ago!

These oranges were discovered at Hacienda Cara Cara, in Venezuela, which is how they got the name 'Cara Cara orange'.

Cara cara oranges are a cross between the Washington and the Brazilian Bahia navel oranges.



In 1 medium orange there is approximately 80 calories and 3 grams of fiber!

Like all citrus fruit, cara cara oranges are full of **vitamin C** - which helps keep your immune system strong and healthy!

**Lycopene**, which gives the cara cara orange its bright reddish color, is an important antioxidant has been seen to reduce the risk of heart disease when eating on a regular basis.

How should I eat cara cara oranges?

- Peel the skin and enjoy the segments!
- Peel the skin, split in segments and add to your favorite salad!