

UGLI FRUIT



History of Ugli fruit:

Ugli fruit is a citrus fruit that is native to Jamaica. It was discovered growing in the wild in 1924.

Ugli fruit is a natural hybrid between 3 citrus fruits: grapefruit, Seville orange and a tangerine.

Ugli fruit got its name in 1934 when an importer ordered "more of that ugly fruit!"

Ugli fruit resembles an orange as well as a grapefruit – but its taste is much sweeter than a grapefruit!

Nutrition:

Half of an ugly fruit provides...

- 45 calories
- 0 grams of fat
- 0 grams of cholesterol
- 0 grams of sodium
- 2 grams of fiber
- 70% of your recommended daily value of vitamin C!

Wondering how you can eat ugli fruit?

- Peel and enjoy the segments like any other orange!
- Peel the skin and place the segments to add a pop of color and sweetness to any salad!

