



Dragonfruit



Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving		Calories from Fat 3	
		% Daily Values*	
Total Fat	0.38g		1%
Saturated Fat	0.051g		0%
Trans Fat	0g		
Polyunsaturated Fat	0.166g		
Monounsaturated Fat	0.066g		
Cholesterol	0mg		0%
Potassium	192mg		5%
Sodium	2mg		0%
Total Carbohydrate	12g		4%
Dietary Fiber	2g		8%
Sugars	10g		
Protein	1.1g		2%
Vitamin A	1%	Vitamin C	205%
Calcium	3%	Iron	2%
Thiamin	2.7%	Riboflavin	2.9%
Niacin	0.8%	Phosphorus	2.3%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fun Facts:

- * Dragonfruit grow on 10 foot tall, droopy cactus plants!
- * The flowers of the dragonfruit cactus only bloom at night and in some cases, only bloom once! They are a truly special flower to watch bloom for this reason, and have been called "moon flowers" for this very reason!
- * The skin of dragonfruit makes for a super-cool "fruit bowl" which can be filled with your favorite salad or appetizer, for a truly striking presentation!
- * Dragonfruit was the special fruit flavor behind Pepsi's Pepsi X soft drink!



Varieties: Dragonfruit, AKA Pitaya or Pitahaya, are an edible fruit from a cactus plant that was originally native to Mexico. Now, Dragonfruit come from Central and Southeast Asia, India, Hawaii and Israel. Dragonfruit can be red-skinned with white flesh, yellow skinned with white flesh, and red skinned with red flesh, depending on the variety. Either way, their flesh is mild and only slightly sweet, like a kiwi mixed with pear, and much less dramatic than their looks!

Selection:

Choose dragonfruit that are heavy for their size. Look for plump fruit that yield to slight pressure when pressed with your thumb. Avoid fruit that has dried out leaf tips or stems. Also avoid fruit that is bruised or splotchy.

Storage and Handling:

Ripen fruit at room temperature until they yield to slight pressure and then eat when ripe. Wash just before enjoying and refrigerate once cut. Halve, score and scoop out with a large spoon or peel and slice.

Nutritional Benefits:

Dragonfruit is low in calories, high in fiber and is a good source of Vitamin C, Phosphorus and more.

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Easy Ways To Enjoy Dragonfruit

- * Dragonfruit is so exotic looking, and unknown to so many people, that even simply sliced would be a spectacular way to serve this fruit.
- * Dragonfruit's flavor is mildly sweet and has delicate, crispy seeds, much like kiwi, so it will go great with just about any other fruit, in fruit salad!
- * In Mexico, dragonfruit is often blended with ice, sugar & lime to make simple Agua Frescas, or fresh fruit waters; a refreshing fruit drink.
- * Dragonfruit is often paired with cocktail shrimp, for a festive dish!
- * Think of how cool this fruit can make any dish sound.... like Grilled Tuna with Dragonfruit Salsa!



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