Kumquats

Nutrition Facts	
Serving Size 7 Fruit (133g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 9g	36%
Sugars 12g	
Protein 3g	
Vitamin A 8% • Vitamin C 100%	
Calcium 8% • Iron 6%	

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fun Facts:

* A Kumquat tree normally produces 30-50 fruit per year!

* Kumquats have been mentioned in Chinese literature since the 12th Century!

* Kumquats are native to South east Asia, and are very popular in Japan, Taiwan and the Philippines.

* Most of the Kumquats that we eat here in the US are from Florida.

* Kumquats are enjoyed fresh, boiled, candied, salted and dried, and are used for anything from ornamental to culinary to medicinal use!

Varieties: Although there are many varieties of Kumquats out there, including the ornamental yet totally edible "baby orange" trees that are available at many home stores, it is the Nagami variety that is mostly available in season. Their skin is smooth and blemish free. They are oval in shape and contain few seeds, if any.

Selection: As with all Citrus, despite their size, choose kumquats that feel heavy. Choose fruit that are bright orange. Avoid any white decay, soft fruit or brown tips. A little green is OK!

Storage and Handling: Store kumquats in the refrigerator, for up to two weeks, for best flavor and texture.
Keep wrapped in a plastic bag, to prevent the fruit from drying out.

Nutritional Benefits: Kumquats are high in Vitamin C, are a good source of Dietary fiber and are Fat free, Sodium Free and Cholesterol free.

Easy Ways To Enjoy Kumquats

* Kumquats are virtually seedless. Combined with their thin skin, petite nature and big flavor, a few kumquats make for an incredibly satisfying yet simple snack that is highly nutritious and delicious!

* If you like things that are tart, then these are for you! They make for great alternatives to lemons and limes in any sweet or savory dish! Like Key Lime Pie? How about Kumquat Pie?

* Kumquats are great used in anything that requires a lot of sugar, such as lemonade, sorbet, jams, jellies or marmalades!

* Enjoy with rich meats or poultry, as you would cranberry with Turkey, to invigorate your taste buds.