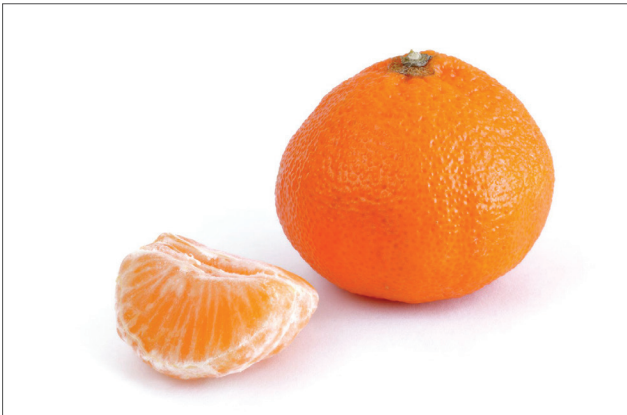


# Clementine

**Type:** Fruit **Main growing areas:** CA, DZA, ESP, MAR

**Appearance:** Small, orange, round



**Clementines ready to eat**



**How clementines grow**

- 1** Clementines are **smaller and sweeter than oranges**, very juicy, and often seedless.
- 2** Clementines are a member of the mandarin orange family, which originated in China, but are **named after Brother Marie-Clément Rodier**, a French priest who cultivated the fruit in Algeria in the early 1900s.
- 3** They are also **sometimes called "Christmas oranges,"** which comes from the tradition of placing sweet mandarin oranges into Christmas stockings.
- 4** Clementines are picked ripe and ready to eat. **They are easy to peel**, which makes them easy to eat and a great snack. Enjoy!

<b>Nutrition Facts</b>	
Serving Size 100 grams	
Amount Per Serving	
Calories 53	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 11g	
Protein 1g	
Vitamin A 14%	Vitamin C 44%
Calcium 4%	Iron 1%

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

[NutritionData.com](http://NutritionData.com)