

Fuyu Persimmon

Type: Fruit **Main growing areas:** CA, CHN, JPN, KOR

Appearance: Round tomato shape, deep orange exterior



Fuyu persimmon ready to eat



How Fuyu persimmons grow

- 1** The Fuyu persimmon is **native to Japan** and wasn't introduced to the U.S. until the late 19th century, when it was first brought to California.
- 2** **Persimmons come in two types:** astringent and non-astringent. The Fuyu variety is non-astringent, which means that you can eat it before it's ripe, and it will still be sweet—just crunchier.
- 3** **Ripe Fuyu persimmons have very sweet, tender flesh** that sometimes contains a seed or two. Their edible skin is smooth, crunchy, and sweet.
- 4** **Fuyus make a great snack out of hand** (you can eat them like an apple) or a wonderful addition to salads when sliced or chopped.

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 70	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	14%
Sugars 13g	
Protein 1g	
Vitamin A 33%	Vitamin C 13%
Calcium 1%	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