

KUMQUATS

Fun Facts:

- The Kumquats served in your Café LA are from Beattie and Travis Farms in Vista, California.
- A Kumquat tree normally produces hundreds of 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.
- Kumquats are enjoyed fresh, boiled, candied, salted and dried, and are used for anything from ornamental to culinary to medicinal use!

Nutrition Facts

KUMQUATS

133g

Serving Size 7 Fruit

Calories

90

% 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%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 3g	1%
Vitamin A	8%
Vitamin C	100%
Calcium	8%
Iron	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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