



UGLI FRUIT

- ◆ The Ugli fruit is a Jamaican form of tangelo, a citrus fruit created by hybridizing a grapefruit, and orange, and a tangerine.
- ◆ The large citrus fruit is packed with certain vitamins and minerals, and has only 45 calories per serving, making it a nutritious addition to your diet. It also has 2 grams of fiber per serving.
- ◆ Because of its sweet flavor, ugli fruit can be eaten on its own, but also makes a tasty addition to a fruit salad. Have a glass of freshly squeezed ugli fruit juice for breakfast, or use the juice in your favorite fruit smoothie in place of orange juice.
- ◆ The Ugli Fruit was discovered as an accidental seedling in Brown's Town, Jamaica where it was propagated and exported beginning in the 1914.
- ◆ In season: December to April.