

# Kiwifruit

## Nutrition Facts

Serving Size 1 cup	
Amount Per Serving	
Calories 108	Calories from Fat
% Daily Value	
<b>Total Fat</b> 0.92g	1%
Saturated Fat 0.051g	0%
Polyunsaturated Fat 0.508g	
Monounsaturated Fat 0.083g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Potassium</b> 552mg	
<b>Total Carbohydrate</b> 25.95g	9%
Dietary Fiber 5.3g	21%
Sugars 15.91g	
<b>Protein</b> 2.02g	
Vitamin A 0%	• Vitamin C 274%
Calcium 6%	• Iron 3%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

### Healthy Serving Ideas

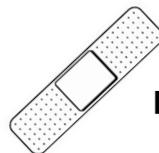
1. Serve whole kiwis as an afternoon snack: They can be eaten whole with the skin.
2. Slice kiwi in half and have kids scoop out flesh with a spoon. They may discard the skin.
3. Top pancakes with kiwis for eyes, a strawberry for a nose and a sliced banana for a mouth.
4. Slice two kiwis and add to yogurt or cottage cheese for a colorful snack.
5. Combine fruits such as grapes, strawberries, orange slices, pineapple and kiwi.
6. Kiwis work great for tenderizing meat. Kiwis have an enzyme that helps break down the meat, making it tender. Find a recipe and try this together.

### Produce Tips

- Select firm, unblemished fruit. The size of the fruit does not affect the taste.
- Press the outside of the fruit; if it gives to pressure the kiwi is ripe. If it feels hard, then it's not yet ready to eat.
- Wash your kiwi before eating because the skin may be eaten, much like an apple.
- Kiwis will keep several days at room temperature. Place with an apple to ripen.

### Benefits of Eating Kiwifruit

**Vitamin C**—helps the body heal cuts and wounds and lowers the risk of infection



**Vitamin K**—keeps bones healthy and helps blood clot effectively.

**Fiber**—keeps your digestive system regular and clean.





## Kiwi Recipes



### Kiwifruit Salsa and Cinnamon Chips

1 can peach slices, drained	2 kiwifruits
1 c. strawberries, sliced	2 tsp. lime juice
1 tsp. lime zest	1 tsp. granulated sugar
1 T sugar	¼ tsp. ground cinnamon
4 8-inch tortillas	Cooking spray

Directions: Preheat oven to 400 degrees. Spritz tortillas with cooking spray. Mix cinnamon and T sugar. Cut tortillas in wedges using a pizza cutter and bake until crispy, about 15 minutes. While chips are baking, peel kiwis and dice all fruits into small pieces. Gently combine fruits, lime juice, lime zest and 1 tsp sugar. Serve salsa with cinnamon chips for dipping.

### Tropical Kiwifruit Pops

4 kiwifruit, peeled and chopped	1 c. pineapple juice or mango nectar
4 (5 oz.) paper cups or popsicle molds	4 wooden craft sticks

Directions: Divide kiwifruit between paper cups and pour juice into cups. Place stick in center of mixture and freeze for at least 4 hours. Enjoy!

### Kiwi Dessert Squares

<b>Crust:</b>	<b>Citrus Glaze:</b>	<b>Topping:</b>
2 c. all-purpose flour	6 T sugar	16 oz. 1/3 less fat cream cheese
½ c. powdered sugar	2 tsp. corn starch	2/3 c. sugar
1 c. cold butter cubed	½ c. cold water	4 kiwifruit peeled
	¼ tsp. orange extract	14 fresh strawberries halved
		1 ½ tsp. orange extract

Directions: In a large bowl combine flour and powdered sugar. Cut in butter until crumbly. Press into greased 15 x 10 x 1 inch baking pan. Bake at 350 for 16-19 minutes. Cool. In a small saucepan combine sugar and cornstarch and stir in water until smooth. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened. Remove from heat and stir in orange extract. Cool completely. In a large mixing bowl, beat the cream cheese, sugar, and orange extract until smooth. Spread over crust. Cover and refrigerate for 45 minutes. Cut into 28 squares. Cut each kiwi into seven slices. Place a kiwi slice in the middle of each square; top each with a strawberry half. Brush with glaze; refrigerate until set.

### Fruit Salad

½ c. sliced kiwifruit	½ c. sliced banana
½ c. chopped apple	½ c. grapes
½ c. orange juice	

Directions: In a medium bowl mix all ingredients and serve.