



Mandarin Oranges

Nutrition Facts

Serving Size: ½ cup tangerine, sections
(98g)

Calories 52 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 2g 7%

Sugars 10g

Protein 1g

Vitamin A 13% Calcium 4%

Vitamin C 43% Iron 1%

Other nutrients: Potassium (5%)

What's the Difference?

Mandarin

A type of citrus fruit that looks like an orange but is not. Distinguished from other citrus fruits by their small size, loose skin and ease with which the segments can be separated.



Tangerines

A deep, orange-red mandarin. All tangerines are mandarins. Not all mandarins are tangerines.



Tangelos

A hybrid cross between a tangerine, grapefruit and an orange. There is a hump at the stem.

Produce Tips

- ✓ Look for plump mandarins that feel heavy for their size, which means they're juicier.
- ✓ Store on the countertop for a few days or in the refrigerator for up to a week.
- ✓ Buy canned fruit in 100% fruit juice.
- ✓ Look for glossy, deep orange skins. Mandarins with some patches of green near the stem are okay to eat.

Excellent Source of These Vitamins

Vitamin C

Antioxidant which promotes healthy teeth, skin and gums. Prevents cell damage and contributes to heart health and healthy immune systems.

Vitamin A

Supports healthy vision.

Vitamin B & Folic Acid

Helps prevent birth defects.

Popular Varieties

Clementine—seedless mandarin with “zipper” skin. Available mid-November to January leading to the nickname, “Christmas Oranges.”

Satsuma—from Japan. Second most popular behind clementines.

Darcy—leading tangerine on the market and simply labeled as a tangerine.

Mandarin Recipes



Simple Ideas:

- Start the day with 100% fruit juice—try tangerine/orange from the grocery store.
- Dip tangerine segments into low fat flavored yogurt.
- Toss mandarin slices with green salads for flavor and color.
- Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, cucumbers, and chopped mint for a refreshing side dish.
- Squeeze juice of citrus fruits over chicken and fish to make them tender and juicy.
- Fill ice cube trays with mandarin juice. Put a toothpick in and freeze for yummy fruit juice popsicles!

Mandarin Orange Scones

1 $\frac{3}{4}$ C. all-purpose flour
6 T butter
2 T granulated sugar
 $\frac{1}{2}$ c buttermilk
1 $\frac{1}{4}$ tsp. baking powder

zest of 1 orange
 $\frac{1}{4}$ tsp. baking soda
11 oz. fresh mandarins, chopped
 $\frac{1}{2}$ tsp. salt

Direction: Preheat oven to 425 degrees. Mix flour, sugar, baking powder, baking soda and salt. Cut in butter. Add buttermilk, orange zest and mandarins. Turn dough onto well-floured board. Add flour as needed. Knead dough; makes eight 1-inch round wedges. Score the wedges. Bake 12-16 minutes.

Glaze:

1 c confectioners' sugar
3 drops orange flavoring

1 tsp. orange zest
fresh orange juice

Directions: Combine sugar, zest, and flavoring and add just enough orange juice to make a runny glaze. Pour over warm scones and serve.

Mandarin Madness Milk Shake

1 c skim milk
2 T Jello-brand Orange Flavor Gelatin
 $\frac{1}{3}$ C. mandarin segments, finely chopped

Directions: Pour milk into tall glass. Add gelatin; stir several minutes until gelatin is completely dissolved. Stir in oranges. Serve immediately.

Mandarin Orange Vinaigrette Recipe

1 $\frac{1}{2}$ C. extra-virgin olive oil
2 T red wine vinegar
 $\frac{3}{4}$ C. vinegar

2 T brown sugar
 $\frac{3}{4}$ C. Mandarin juice (substitute orange juice)
2 T sugar

Directions: Whisk all ingredients together. Serve cold or warm over your choice of salad green. Spinach salad is especially good with this dressing. Yield: 4 servings.